

THE FIRST BOKE.



O THE CONSERVA-
tion of the bodye of mankynde,
within the limitation of helthe,
whiche (as Galene sayth) is the
state of the body, wherin we be
neither greued with payne, nor
lette from doinge our necessarye
busynesse, both belonge the dy-

De tur
sanita
lib. 2

lygente consyderation of thye sortes of thynges,
that is to saye.

{ Thynges Naturall,
Thynges not naturall, and
Thynges agaynste nature.

Thynges Naturall be. vii. in numbze.

{ Elementes { Powers.
{ Complections. { Operations and
{ Humours. { Spirites.
{ Membres.

These be necessary to the beyng of helthe, ac-
cordinge to the order of theyr kynde: and be al-
way in the naturall body.

Thynges not naturall be fyve in number.

{ Ayre { Emtynes and re-
{ Meate and drynke. { pletion, and
{ Slepe and watche. { Affections of the
{ Mewng and rest. { mynde.

Thynges agaynst Nature be thye.

{ Syckenesse.
{ Cause of syckenesse.
{ Accident, whiche foloweth syckenesse.

Annered to thynges naturall.

Age. fygure, and
Coloure. Duersitie of kyndes.

THE FYRSTE

The elementes be those originall thynges vnsmyrt and vncompounde, of whose temperance and myxture all other thynges, hauynge corporall substance, be compacte: Of them be foure, that is to saye,

Erthe.
 Water.
 Ayre, and
 Fyre.

Erthe is the moste grosse and ponderouse elemente, and of her proper nature is colde and drye.

Water, is more subtyll and lyghte thanne erthe, but in respect of Ayre and Fyre, it is grosse and heuy, and of her proper nature is coulde and moyste.

Ayre, is more lyght and subtylle thanne the other two, and beyng not altered with any exteriour cause, is properly hotte and moyste.

Fyre, is absolutely lyghte and clere, and is the claryfier of other elementes, yf they be viciate or out of theyr naturall temperaunce, and is properly hote and drye.

This to be remembred, that none of the sayde elementes be commonly sene or felte of mortall men, as they are in theyr originall beyng: but they whiche by our senses be perceyued, be corrupted with mutuall mixture, and be rather erthy, watry, ayry, and fyry, than absolutely erthy, water, ayre, and fyre.

Of the

¶ Of the complexion of
Man. Cap. 2.

Complexion is a combynation of two dy-
uerse qualities of the. iiii. elementes in one
body, as hotte and drye of the fyre, hotte
and moyste of the Ayre, colde and moyste
of the Water, colde and drye of the Erthe. But
althoughe all these complexiones be assembled in
euery body of man and woman, yet the body tak-
eth his denomination of those qualities, which
abounde in hym, moze than in the other, as heres
after inseweth.

¶ The body, where heate and moysture haue so-
ueraintie, is called Sanguyne, wherin the Ayre
hath preeminence, and it is perceyued and kno-
wen by these sygnes, whiche do folowe,

Sanguine

Caruositie of fleshy nesse.
The vaynes and arteries large.
Heare plenty and redde.
The bysage whyte and ruddy.
Sleape moche.
Dreames of blouddy thynges of
thynges pleasaunt.
Pulse great and full.
Digestyon perfect.
Angry shortly.
Siege, dyne, & sweate abundaunt.
Fallynge shortly into bledynge.
The vyne redde and grosse.

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Whete

THE FYRSTE

Where colde with moysture preuayleth, that body is called **Fleumatiike**, wherin water hath preeminence, and is perceyued by these sygnes.

Fleumatiike

Fatnesse quauynge and softe.

Waynes narrowe.

Heare moche and playne.

Coloure whyte.

Sleape superfluous.

Dremes of thynges watry or of fyre.

Slownesse.

Dulnesse in lernynge.

Cowardyse.

Dulle slowe and lyttell.

Digestion weake.

Spyttell whyte, abundaunt, and thicke.

Urine grosse, whyte, and pale.

Colerike is hotte and drye, in whom the fyre hath preeminence, and is discerned by these sygnes folowynge.

Cholerike

Leaness of body.

Costifnesse.

Heare blacke or darke aburne curled.

Uisage and skyn redde as fyre or salowe.

Hotte thynges noyfyll to hym.

Lyttel sleape.

Dremes of fyre, fightynge or angre.

Whyte sharpe and quicke.

Hardy and fyghtynge.

Dulle wyft and stronge.

Urine high coloyed and clere.

Woyle sharpe.

Melanc

Melancolyke is colde and drye, ouer whome the erthe hath dominion, and is perceyued by these signes.

**Melan-
colyke.**

Leannesse with hardenes of skynne,
Deare playne and thynne.
Colour duskythe, or whyte with
leannesse.
Moche watche.
Deames fearefull.
Styffe in opinyons.
Digestion slowe and yll.
Cymerous and fearefull.
Anger longe and frettynge.
Pulse lyttell.
Seldome laughynge.
Urne watry and thynne.

Besides the sayde complexions of all the hole bodye, there be in the particular members, complexions, wherin if there be any distemperance, it byngeth sychemelle or gryefe into the member. Wherfore to knowe the distemperatures, these signes folowynge wolde be consydered. For as, that it be remembered, that some distemperatures be simple and some be compounde. They whiche be simple, be in simple qualities, as in heate, colde, moyste, or drye. They whiche be compounde, are in compounde or myxte qualities, as heate and moyste, heate and drye: colde and moyste, colde and drye. But now we synte we will speake of the simple complexions, of every principall member, and synge at the bryne.

THE FYRSTE

The brayne exceeding in heate hath

The heade and vylage very red and hotte.

The heare growynge faste, blacke and courled.

The waynes in the eyen apparant.

Superfluous matter in the nolethryls, eien, and eares.

The headde annoyed with hotte meates, drynkes, and sauours.

Slepe short and not sound.

The brayne exceeding in cold hath

Muche superfluitie running out of the nose, mouth eares and eyen.

Heare strayght and fine growing slowly, and flaxen.

The head dysposed by small occasyon to poses and mures.

It is soone annoyed with colde.

It is colde in touchynge.

Waynes of the eyen not seene.

Sleapy somewhat.

Moyste in excess hath

Heares playne.

Seldonie or neuer balde.

Mytte dulle.

Muche superfluities.

Slepe moche and depe.

The brain dry hath

No superfluites running
Wyttes good and redy.
Matchefull.
Heares blacke harde and
faste growynge.
Balde Morytely.

Complexions compouned.

Brayne hot & moyste
distempered hath,

The head akynge & heuy
Full of superfluities in
the nose.

The Southen winde gre-
uouse.

The Northen wynde
hollsome.

Sleepe depe but vnquiete
with often wakynges &
straunge dreames.

The senses and wytte
hyperfecte.

Brayne hot and dry
distempered hath,

None abundaunce of su-
perfluitie, whiche maye
be expelled.

Senses perfecte.

Moche watche.

Songer balde than other.

Moche heare in chylhod
and blacke or browne,
and courled.

The head hot and ruddy

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The

THE FYRSTE

**Brayne colde & moyſt
Diſtempered hath.**

The ſenſes and wyt dull
Moche ſleape.

The head ſone replen-
iſhed with ſuperfluous
moyſture.

Diſtillations and poſes
oꝝ murrus.

Not ſhortely balde.

Sone hurte with colde

**Brayne cold and dry
dyſtempered hath,**

The head colde in feling
and without colour.

The vaines not apering
Sone hurte with colde.

Oſten diſcraſed.

wytte perfecte in chyldeſ
hode, but in age dull.

Aged ſhortly and balde

Of the harte.

**The hart hotte
diſtempered hath**

Moche blowyng & puffynge.

Pulſe ſwifte and buſy.

Hardines & manhode moche.

Promptenes actiuitie and
quyckeneſſe in doyng of
thynges.

Fury and boldnes.

The breaſte hearpe towarde
the leſte ſyde.

The breaſte brode with the
head lyttell.

The body hotte, excepte the
lyuer do let it.

The

The harte colde & dis-
tempered hath,

The pulse very lyttell.
The bryeth luttel and slow.
The brest narrowe.
The body all colde, except
the lyuer doth inflame it
Fearfulnes,
Scurfulositie, & moche
Curiositie. (care.
Slownesse in actes.
The brest cleane without
heares.

The harte moyste
distempered hath

The pulse softe.
None agry & sone pacified.
The body al moiste, excepte
the liuer disposeth cōtrary.

The harte drye & dis-
temperyd hath

The pulse harde.
Not lyghtly angry, but be-
inge angry, not sone pa-
cified.
The body drye, except the li-
uer doth dispose contrary.

The harte hotte
and moyste

The brest & stomacke hary.
Promptnes in actes.
None angry.
Fierlnes but not so moche
as in hotte and drye.
Pulse softe, swift, & busy.
Bryeth of winde accordyng.
Shortely falleth into dys-
eases caused of putryfa-
ction.

B. v.

The

THE FYRSTE

The harte hottg
and drye.

The harte pulse greatte
and swyfte.

The breath oꝝ wynde ac-
cordinge.

The breste and stomacke
all heary.

Quicke in his doinges.

Holdnes and hardinesse.

Swift & hasty in mouing

Soone styred to anger &
tyrannous in maners.

The breste brode and al
the body hot and drye.

The harte colde and
moyste.

The pulse softe.

Fearefull and tumerous,
slowe.

The breast clene without
heare.

Not hastily angry noꝝ re-
tayneinge angre.

The breste narowe.

All the body cold & moiste.

The harte colde
and drye hath,

The pulse harde and lyttell.

The wynde moderate.

Seldome angry, but whan it
hapneth, it durcth longe.

The breste cleane without
heare and lyttell.

All the body cold and drye.

Of

Of the liuer.

The liuer in heate
distempered hath,

The waynes great.
The bloude more hot than
temperate.
The bealy heary.
All the body hot excedynge
tempraunce.

The liuer cold dis-
tempered hath,

The waynes small.
Abundaunce of fleume.
The blood colde.
All the bodye colde in fees
lynge.
The bealy without heate.

The liuer moyste
distempered hath

The waynes softe.
Moche blood and thynne.
All the bodye moyste in fees
lynge, excepte the hart dis-
poseth it contrary.

The liuer drye dis-
tempered hath

The waynes harde.
The bloudde lyttell and
thyrke.
All the body drye.

The complexions compounde, maye be decreed by the sayde symple qualities. And here is to be noted, that the heate of the harte maye ban- quish the colde of the liuer. For heate is in the harte, as in the fountayne or sprynge, and in the liuer, as in the riuier.

Galenn
in arte
parua.
lib. 2.

THE FYRSTE

Of the stomake.

**The stomake hotte
distempered.**

He digesteth well, speerys
ally harde meates, & that
wyl not be shortly altered.
Lyght meates and soone
altered, be therein cor-
rupted.

The appetite lyttell and
slowe.

He deliteth in meates and
drynkes, whiche be hotte
for euerye naturall com-
plexion delyteth in his se-
blable.

**The stomake colde
distempered.**

He hath good appetite.

He digesteth yll and slow-
ly, specially grosse meates
and harde.

Colde meates doo ware
sour, beyng in hym vn-
digested.

He delyteth in meates and
drynkes, whiche be Colde,
and yet of theym he is un-
damaged.

**The stomake moyst
distempered.**

He thyrsteth but seldom,
yet he delyteth to drynke.
With superfluous drynke
he is hurte.
He delyteth in moyste
meates.

The stomake dye
dys tempered.

He is sone thyrsty.

Contente with a lyttell
dynke.

Diseased with moche
dynke.

He deliteth in dye meates.

It is to be noted, that the dispositions of the stomake naturall, do desyre that whiche is of like qualities. The dispositions vnnaturall, doo desyre thynges of contrary qualities. Galenus in arte pailua.

Also not the stomake onely causeth a man to thyrste or not thyrste, but also the lyuer, the lunges, and the harte.

Of the genitories or ston-
nes of generation.

The genitories
hot dys tempered.

Great appetite to the acte of
generation.

Ingendyrnge men chyldren.

Heare sone growen about the
membres.

The genitories
cold dys tempered

Smale appetite to the acte of
generation.

Ingendyrng women chyldren

Slowe growthe of heare a-
bout the membres.

The genitories
moist dys tempered

Mede abundannt but thynne
and watyre.

The genitories
dry dys tempered.

Mede lyttell but metely thicke
in substance.

Lasse

THE FYRSTE

**Genitoiyes hot
and moyste.**

Lesse appetite to lecherie than
in them, whiche be hotte and
drye.

More puissaunce to do it, and
without lasse damage.

Hurt by absteynyng from it.
Lesse harmes thā in hot & drye.

**The genitoiyes
hotte and drye**

The sede thicke.

More fruitefulnessse of Ge-
neration.

Great appetite and redinesse
to the acte.

Hearc about the membyes
sone grown.

Swyftenesse in spedynge of
the acte.

Sone therewith satisfied.

Damage by vsynge therof.

**The genitoiyes
colde and moyste**

The sede watry and thynne.

Lyttell desyre to the acte, but
more puissance than in them
whiche be colde and drye.

Lyttell heares oꝝ none about
the membyes.

**The genitoiyes
colde and drye**

Heares none oꝝ fewe.

Lyttel apetit oꝝ none to lecherie

Lyttell puissaunce to do it.

Ingendrynge more females
than men children.

That lytel sede that is, is thicke
her than in colde and moyste.

Of

¶ Of humours.

In the bodie of Man be foure principall humours, whiche contynuyng in the proportion, that nature hath lymitte, the bodie is free frome all sykkenesse. Contrarye wyse by the increase or dymynution of any of theym in quantitie or qualytie, ouer or vnder theyr naturall assygnement, inequall temperature cometh into the body, whiche sykkenesse foloweth more or lesse accordyng to the lapse or decay of the temperatures of the sayde humours, whiche be these folowynge.

Bloudde,
Fleume,

Choler,
Melancoly

Bloudde hath preemynence ouer all other humours in sustentynge of all lyuynge creatures, for it hath more conformitie with the orygynalle cause of lyuynge, by reason of temperatenesse in heate and moysture, also nouryssheth more the body, and restoreth that whiche is decayed, being the very treasure of lyfe, by losse wherof, death immediatly foloweth. The dystemperature of blood hapneth by one of the other three humours by the inordinate or superfluous mixture of them.

¶ Of fleume.

Fleume is of two sortes,

Naturall and
Unnaturall.

Naturall fleume is a humour cold and moist, whyte and swete, or without taste ingendred by insufficient detraction in the seconde dygestion of the watry or rawe partes of the matter decorte
called

THE FYRSTE

called Chylus, by the laste dygestion made apte to be converted into bloud. In this humour, water hath dominion moste pyncipall.

Fleume vnnaturall is that, whiche is myrte with other humours, or is altered in his qualitie. And therof is. viii. sundry kyndes.

watry, whiche is founden in spetell of great dyinkers, or of them, whiche dygeste ylle.

Slymy or rawe.

Glasie, lyke to whyte glasse, thicke, viscoure lyke byrd lyme and heuy.

Plastry, whiche is very grosse, and as it were chalky, such is founde in the ioyntes of theym, whiche haue the gowte.

Fleume.

Salte, which is mingled with coler. Sower, myrt with melancoly, whiche cometh of corrupt digestion.

Harthe, thicke and grosse, whiche is seldome founden, whiche tasteth lyke grene crabbes or sloes.

Stiptik or bindyng, is not so grosse nor cold, as harthe, and hath the tast lyke to greene redde wyne, or other lyke, straynyng the tunge.

Choler dothe participate with naturall heate as longe as it is in good temperaunce. And therof is also two kyndes.

Naturall and
vnnaturall.

Ratus

BOKE.

**Choler
naturall**

Naturall choler is the foome of bloude, the colour wherof is redde and clere, or moze lyke to an orange colour, and is hotte and drye, wher- in the fyre hath dominion, & is lyghte and sharpe, and is ingendyed of the mozte subtyl parte of matter decocte, or boyled in the stomacke, whose begynnynge is in the liuer.

Unnaturall choler is that whiche is myrte or corrupted with other humours, wherof be foure kyndes.

Citrine or yelow choler, whiche is of the myxture of naturall choler, and watry fleume, and therfore hath lesse heate then pure choler.

Yelky, lyke the pelkes of egges, whiche is of the myxture of fleume congeled, & and choler naturall, and is yett lasse hot than the other.

Grene lyke to lekes, whose begynnynge is rather of the stomake, than of the liuer. Grene lyke to grene canker of mettall, and bourneth lyke benym, and is of excedynge aduulion of choler or fleume, and by these two kyndes nature is moztu- fied.

Melancoly or blacke choler is de- uided into two kyndes.

Naturall, whiche is the dregges of pure bloude, and is knowen by the blacknes, whan it issueth eyther downwarde or upward, and is verily colde and drye. **U**nnaturall whiche procedeth of the aduul-

THE FYRSTE

adulstion of cholerike myxture, and is
hotter & lyghter, hatynge in it violence
to kyl, with a dangerous dysposytion.

Of the members.

There be dyuersities of members,
that is to saye.

Pryncipall
members.

The brayne.

The harte.

The lyuer.

The stones of generation

Official members.

Sinewes which do serue
to the brayne.

Arteries or pulses, which
do serue to the harte.

Vaynes whiche do serue
to the lyuer.

Vessels spermatik, wher
in mans sede lyeth, which
do serue to the stones.

Partes called Simila-
res, for beinge diuided
they remayne in them
selve like as they were.

Bones.

Griskell.

Calles betwixt the ve
termooste skynne and
the fleshe.

Muscles or fylettes.

Fatte.

Fleshe.

Members in
seuerall.

The stomacke.

The caples.

The bowells.

All the great synewes.

Whiche of they doer vs do appetite meate & alter it.

Of

BOKE.

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Of powvers.

Animall.

Spiritual.

Naturall.

Naturall power. Whiche do minister.
To whom is ministered.

Whiche doth
minister.

Appetitet
Retaynieth.
Digesteth.
Expelleth.

To whom is
ministered.

Ingendret
Nourisheth.
Fedeth.

Power spiritual.

Markynge, which belateth
the harte and arteries, and
effesones strappeth them.

Wrought, which is stirred
by an exterior cause to work
wherof cometh anger, in-
dignation, subtilitie, & care.

Power animall.

That whiche ordeyneth, di-
scerneth, and composeth.

That moueth by voluntarie
motion.

That whiche is called sen-
sible, wherof do procede the
true wittes.

91 THE FYRSTE
 Of that whiche oꝛ
 beineth do procede. { Imaginatio in the forhed.
 Reason in the brayne.
 Remembrante in the nodel

Operations. { Appetite by heat and drythe.
 Digestion by heat and moisture
 Retayning by cold and drythe.
 Expulsion by cold and moyste.

Spirit is an ayre substance subtyll, styppnge
 the powers of the body to perfourme theyꝝ ope-
 rations, whiche is diuided into

Naturalle, whiche taketh his begyn-
 ninge of the lyuer, and by the vaynes
 whiche haue no pulse, spredeth into all
 the hole body.

Vitall, whiche procedeth from the hart
 and by the arteries oꝛ pulses is sent in-
 to all the body.

Animalle, whiche is ingendꝛed in the
 brayne, and is sente by the senewes,
 throughout the body, and maketh sense
 oꝛ feylng.

Annexed to thynges naturall.

Adolescence to. xxv. yerres, hotte
 and moyste, in the whiche tyme
 the body groweth.

Iuuenite, into. xl. yerres, hott &
 drye, wherein the bodye is in per-
 fect growthe.

Senectute, into. lx. yerres colde &
 drye, wherein the bodye begynneth
 to decreace.

Age

The decrepitate, vntyll the laste tyme of
lyfe, accidentally moyste, but naturallie
colde and drye, wherin the powers and
strength of the body be moze and moze
imynished.

¶ Colour.

Of inwarde causes.

Of outwarde causes.

Colour of in-
warde causes

Of equalitie of humours, as he
that is redde and whyte.

Of inequalitye of humours,
wherof do procede blacke, sa-
laue, paale, or whyte onely.

Redde, } do betoken domi-
Blacke, } nion of heate.
Palowe,

Whyte, colde of flegme,

Pale, colde of melancoly.

Redde, abundaunce of bloud.

Palowe, choler citrine.

Blacke, melancolye or choler
adulst.

Colour of out-
warde causes.

Of colde or heate, as englythe
meine be whyte, Moziens be
blacke.

Of thynges accidentalle, as
of feare, of anger, of sorowe,
or other lyke motions.

Blacke

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Coloure of
hears.

Blacke, eyther of aboundaunce of
choler inflamed, or of moche incens
dyng or adustion of bloudde.

Redde heare of moche heate not
aduste.

Gray heares of aboundaunce of me-
lancholy.

Whyte heares of the lacke of na-
turall heate, and by occasyon of
fleume putrified.

All the resydue concernynge thynges naturall
conteyned in the Introduction of Joannicius,
and in the lyttell crafte of Galene, I purposelye
passe ouer for this tyme, for as moche as it dothe
requyre a reder haunyng some knowledge in phi-
losophye naturall, or elles it is to harde and tedious
to be vnderstande. Moreover this, whiche
I haue wrytten in this fyrste tables, shall be suf-
ficient, to the conseruation of helthe, I meane,
with that whiche nowe foloweth in the other
Tables.

The seconde Table.

Thynges not naturall be so called, bycause
they be no portyon of a naturall body, as
they be, whiche be called naturall thyng-
es; but yet by the temperaunce of theym
the body beinge in helthe, so consisteth by the dis-
temperaunce of them, sickness is induced, and
the body dissolued.

The fyrste of thynges not naturall is ayre,
whiche is propre of it selfe, or of some mate-
rial

riall cause oz occasion good oz yll.

That which is of it selfe good, hath pure vapours, and is odoriferous.

Also it is of it selfe, swyfte in alteration from hotte to colde, wherein the body is not moche prouoked to sweate for heate, ne to chylle for vehemency of colde.

Ayre among al thynges not natural is chyeftly to be obserued, for asmoch as it doth bothe inclose vs, and also enter into our bodies, specially the moste noble member, which is the harte, & we can not be separate one howre from it, for the necessity of breathynge and fetchynge of wynde.

The causes wherby the ayre is corrupted be specially foure.

Influences of sundry sterres.

Great standynge waters neuer refreshed.

Carapne lyenge longe aboue grounde.

Moche people in small rounge, lyynge vnclely and sluttishly.

Roche, whiche prolonge lyfe by expoulsynge ylle vapours.

Watt is temperate & lusty.

Watt corrupteth, and maketh yll vapours.

Watt is herve mutable, & the nature dothe hate.

L. iii.

Watt.

Handwritten note:
The causes wherby the ayre is corrupted be specially foure.

THE FYRSTE

Meate and drynke.

In meate and drynke we muste consyder fyve thynges,

Substaunce.

Quantitie.

Qualitie.

Custom.

Time.

Order.

Substaunce, some is good, whiche maketh good ioyce, and good bloudde, some is ylle, and ingendyeth yll iuyce and yll bloudde.

Meates and drinckes makynge
good iuyce

Breade of pure floure, of good wheat somewhat leuened, well baked, not to olde nor to stale.

Egges of fesauntes, hennes oz patryches newe layde, poched, meane betwene rare and harde.

Mylke newe mylked, drounke fastynge, wherein is sugar, oz the leaues of muntas, fesauntes.

Patryches oz chyghens.

Lapons oz hennes.

Wydes of the feldes.

Fylle of stony ryuers.

Meale suchynge.

Porke younge.

Biese not passynge .iii. yeres.

Pigeons.

Wentlon of redde be.

Beate potage with

Fete of swyne or calues.

Fygges rype. before meales.

Papsons.

Boiage.

Languedebiefe.

Perfely.

Myntes.

Ryce with almonde mylke.

Letyse.

Cychope.

Grapes.

wines good moderately taken, wel fined.

Ale and biere syxe dayes olde, cleane

brewed, and not stronge.

Mythe and gladnesse.

The lyuer and Braynes of hennes and
chykens, and yonge geese.

Meates and drynkes makynge
ylle iuice.

Olde biefe.

Olde mutton.

Geese olde.

Swanne olde.

Dukes of the kanell.

Inwarde of beastes.

Blache puddynge.

The harte lyuer & kydneyes of all beastes.

The Braynes and mary of the backbone.

Woode culuers.

Shell fysh, excepte crayfe deandoulce.

These harde.

Apples and pears moche bled.

Fygges and grapes not rype.

All rawe herbes, excepte letyse, boiage,

L. v.

and

THE FYRSTE

and cyhoie.

Onyons,

Garlyke.

Leekes.

Wyne in muste or sowre.

Feare, sorowe, and pensyvenesse.

{ immoderately bled, spe
cially in Cholerike sto-
makes.

Meates ingendrynge choler;

Garlyke.

Onyons.

Rohat,

Bersis.

Leekes.

Mustarde.

Pepper.

Honye.

Wyne moche dronken.

Sweete meates.

Meates ingendrynge fleume.

All clymy and cleaynge meates.

These newe.

All fische, specially in a flatulike stomake

Inwardes of beastes.

Lambes fleshe.

The synewe partes of fleshe.

Shynnes.

Graynes.

Lunges.

Rapes.

Cucumbers.

Replecion.

Loche of ex...

Meates

Meates ingendryuge melancholy.

Biese.

Gotes fleshe.

Hares fleshe.

Boyes fleshe.

Salte fleshe.

Salte fysh.

Colewortes.

All pulse excepte white peason.

Browne breade course.

Thycke wyne.

Blacke wyne.

Olde chese.

Olde fleshe.

Great fyshes of the sea.

Meates makynge thycke iuyce.

Rye breadde.

Muste.

Breade without leuen.

Lake breadde.

Sea fysh greates.

Shelle fysh.

Biese.

The kydneyes.

The luyer of a swyne.

The stokes of beastes.

Mylke moche soden.

Rapes.

All rounde rootes.

Cucumbers.

Swete wyne.

Deepe redde wyne.

Garlyke.

Mustard.

THE FYRSTE

Mustarde.
 Pyganum.
 Mylope.
 Belyll.
 Fenell.
 These.
 Egges fryed, or harde.
 Chesten nuttes.
 Flanets.
 Frygges grene.
 Appules not rype.
 Pepper.
 Roket,
 Leekes,
 Onions } moche bled.

Meates vvhiche do hurte the rethe.

Very hotte meates.
 Nuttes.
 Swete meates and drynkes.
 Rabythe rootes.
 Harde meates.
 Wyke.
 Wytter meates.
 Moche dompte.
 Leekes.
 Fyue fatte.
 Onions.
 Colewortes.

Meates vvhiche do hurte the eyes.

Garbanchus.

Leekes.

Lecherie.
 Pusle.
 All poulse.
 Swete wyne and thycke wyne.
 Hempe sede.
 Wery salte meates.
 Garlyke.
 Dynynds.
 Colewortes.
 Radyche.
 Readyng after supper immediatly.

Makynge great oppilations.

¶ Thycke mylke.
 Swete thynges.
 Hye breadde.
 Swete wyne.

Meates inflatinge or vvyndy.

¶ Beanes.
 Lupynes.
 Licer.
 Mille.
 Cucumbers.
 All myce of herbes.
 Fygges dyte.
 Rapes.
 Flawies rane.
 Mylke.
 Honey not well clarified.
 Swete wyne.
 Muste.

THE FYRSTE

Thynges good for
the head.

Cubebes.
Calvngale.
Lignum aloes.
Maiozam.
Baulme myntes.
Gladden.
Putmygges.
Mycke.
Rosemarpe.
Roses.
Bionpe.
Hillope.
Oppke.
Lamomyl.
Bellstote.
Kewe.
Frankyncense.

Thynges good for
the harte.

Cynamome.
Saffron.
Corall.
Cloues.
Lignum aloes.
Berles.
Mace.
Baulme myntes.
Myrtolanes.
Myrtolanes.
Myrtolanes.
Myrtolanes.

The bone of the hart of
a redde dere.

Maiozam.
Buglosse.
Boiage.
Betuall.

Thynges good for
the liuer.

Cwormewode.
Withwinde.
Agrymonye.
Saffron.
Cloues.
Endrye.
Lyncymore.
Lyncymore.
Plantayne.
Dragons.
Reasens great.
Saunders.
Fenell.
Violettes.
Rose water.
Letyse.

Thynges good for
the lunges.

Cynamome.
Lyncymore.
Lyncymore.
Lyncymore.
Lyncymore.
Lyncymore.

Pensides.
Almondes.
Dates.
Pistatis.

Thynges good for
 the eies.

Cyberghyt.
Fencell.
Meruin.
Roses.
Celandyne.
Agrimonye.
Cloues.
Colde water.

Thynges good for
 the stomake.

Myrabolanes.

Nutmegges.
Organum.
Pyllaces.
Ruynces.
Olybanum.
wormewode.
Saffron.
Corall.
Agrimonye.
Funitoye.
Calyngale.
Cloues.
Rignum aloes.
Maltix.
Spynte.
Spodium.

The innermoste skynne
 of a hennes gyfar.

Coriander prepared.

THE SECONDE BOKE.

Of Quantitie. Cap. i.



THE QVANTITIE OF
 meate must be proportioned af-
 ter the substance and qualitie
 thereof, and accordynge to the
 complexion of hym that eateth.
 For it ought to be remembred
 that meates hotte and moyste
 which are qualities of the blood

are some turned into blood, & therfore muche
 cometh the body. Some meates do nourish the

body.

THE SECNDE

part
part
lyttell, haupnge lyttell conformitie with bloudde in theyr qualities. Of them whiche do nouryshe, some are moze grosse, some lyghter in dygestion. The grosse meate ingendreth grosse bloudde, but where it is well concocte in the stomake, and wel dygested, it maketh the fleshe moze fyne, and the offpyciall membyres moze stronge, thanne fyne meates. Wherfoze of men, whiche vse moche labour or exercise, also of them, whiche haue verpe cholerike stomackes, here in Englande, grosse meates maye be eaten in a great quantitie: and in a cholerike stomake biese is better dygested than a chyphens legge, for as moch as in a hot stomake fyne meates be shortly aduste and corrupted.

Contrarywys in a colde or fleumatike stomake, grosse meate abyde long vndygested, and re-
meth putrified matter, lyght meates therfoze to suche a stomake moze apte and conueniente. The temperate bodye is beste nourysshed with a lyttell quantitie of grosse meates: but of temperate meates in substance and qualitie, they may safelye eate a good quantytie. Forseene alwaye, that they eate withoute gourmandyse, or leaue with some appetite. And here it wolde be remembred, that the cholerike stomake, doth not desyre so moche as he may digeste, the melancholye stomake maye not dygeste so moche as he despyreth: for colde maketh appetite, but naturalle heate concocteth or boyleth. Not withstandinge vnnaturall or supernaturall heate dystroyeth appetite, and corrupteth dygestion, as it appereth in fevers. Moreover fruytes and herbes, speciallye rawe, wolde be eaten in a smalle quantytie, although the person be very cholerike, for as moche

as they do ingender thynne watry bloudde, apte to receyue putrifaction, whiche althoughe it be not shortly perceyued of hym that vseth it, at lengthe they fele it by sundry diseases, whiche are longe in comynge, and shortly sleeth, or be hardly escaped. Fynallye excelle of meates, is to be abhoyred. For as it is sayde in the booke called Ecclesiasticus, In moche meate shall be sycknes, and inordinate appetite shall appoche vnto cho-ler. Semblably the quantitie of drynke wolde be moderated, that it excede not, nor be equalle vnto the quantitie of meate, specially wyne, whiche moderately taken, aydeth nature, and comforteth her, and as the sayde author of Ecclesiasticus saythe, wyne is a reioyng to the soule and body. And Theognes saythe in Galens worke, A large draught of wyne is ylle. A moderate draughte is not onely not ylle, but also com- modious or profytable.

of meate
Ecclesiast.
co. 17.

wyne
Eccle. 31.

Galen. de
tuenda. 3.

¶ Of qualitie of meates. Cap. 2.

Qualitie is in the complexion, that is to saye, it is the state thereof, as hotte or colde, moyste or drye. Also some meates be in wynter colde in acte, and in vertue hotte. And it wolde be considered, that every complexion temperate & vntemperate, is conserued in his state, by that whiche is lyke therto in fourme and degree. But that whiche exceedeth moche in dystemperance, muste be reduced to his temperance, by that whiche is contrarye to hym in fourme or qualitie, but lyke in degree moderately vset. By fourme is vnderstande grossenes, fynesse.

D

ness.

THE SECONDE

nesse, thychenesse, oz thynnesse, by degree, as the fyrste, the seconde, the thyrde, the fourth in heate colde, moysture, oz drythe.

¶ Of Custome. Cap. 3.

Hippocra-
tes apho-
rismo. 2.

Galenus,

Custom in feedynge is not to be contem-
ned, oz lyttell regarded: for those meates,
to the whiche a man hath ben of long time
accustomed, though they be not of sub-
stance commendable, yet doo they sometyme lesse
harme than better meates, wherunto a mā is not
bled. Also the meates and drynkes, which do mos-
che delite hym that eateth, ar to be preferred be-
fore that which is better, but more vnsauery. But
if the custome be so pernicious, that it nedes must
be left, than wolde it be withdrawn by lytel and
lyttel in tyme of helthe, and not of sykenesse. For
if it shulde be withdrawn in tyme of sykenesse,
Nature shulde susteyne treble detriment: fyrst by
the grieve induced by sykenesse, seconde by recey-
uynge of medicines, thyrde by forbearynge the
thyng, wherin she delyteth.

¶ Of the temperature of meates to be receyued. Cap. 4.

in super 20
et in 21
To kepe the body in good temper, to them
whose naturall coplexion is moyste, ought
to be gyuen meates that be moist in vertue
oz power. Contrary wise to them, whose
naturalle complexion is drye, oughte to be gyuen
meates drye in vertue oz power. To bodies vna-
temperate, suche meates oz drynkes are to be gy-
uen,

uen, whiche be in power contraty to the dys-temperaunce, but the degrees are alwaye to be considered, as well of the temperaunce of the body, as of the meates. For where the meates doo moche excede in degree the temperature of the body they enoye the body in causynge dys-temperaunce. As hotte wyne, pepper, garlyke, onyons, and salte, be noyfull to them, whiche be choleryke, bycause they be in the hyghest degree of heate and drythe, aboue the iuste temperaunce of mannes bodye in that complexion. And yet be they oftentymes hol- some to them, whiche be fleumatyke. Contrary- wyse, colde water, colde herbes, and colde frutes moderately vsed, be holtsome to choleryke bodies, by puttynge awaye the heate, excedynge the natu- rall temperature: and to theym, whiche be fleu- matyke, they be vnholtsome, and doo byynge into them distemperance of colde and moyste.

¶ VVhat distemperance hapneth by the excesse of sundry qualities in meates and drynkes. Capi. 5.

Colde do congele and mortifye.

Moyste, do putrifie and hasten age.

Dry, sucketh by naturall moysture.

Clammy, stoppeth the issue of va- pours and byrne, and ingendryth toughe fleume and grauell.

Fatte and oyle, swymmeth longe in the stomake, and byngeth in lothe- somnesse.

Sytter, doth not nouryshe.

Salte, do frette moche the stomake.

D. II.

Har.

Meates

NOTE

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THE SECONDE

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Hippocra-
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¶ Of the temperature of meates to be receyued. Cap. 4.

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¶ What distemperance hapneth by the
excesse of sundry qualities in meates
and drynkes. Capit. 5.

Colde do congele and mortifye.

Moyste, do putrifie and hasten age.

Dry, sucketh vp naturall moysture.

Flamynge, stoppeth the issue of va-
pours and vyne, and ingendreth
toughe flemme and grauell.

Fatte and oyle, swymmeth longe in
the stomake, and byngeth in lothe-
some nesse.

Bitter, doth not nourryshe.

Salte, do frette moche the stomake.

D. II.

Par.

Meates

THE SECONDE

Barryshe, lyke the taste of wynde
fruytes, do constipate, and restrain.
Swete, chaufeth the bloudde, and
causeth opilations or stoppings of
the poyes and cundites of the body.
Dower cooleth nature, and haste-
neth age.

¶ What commoditie happeneth by the
moderate vse of the sayde qualities
of meates and drynkes. Ca. 6.

Meates

Colde asswageth the bournynge of
choler.

Dryste, humecteth that whiche is
dried.

Drye, consumeth superfluous moi-
sture.

Clamme, thycheth that whiche is
subtyll and persynge.

Bytter clenseth and wppeth of, al-
so mollifieth and expelleth fleume.

Salt, relenteth fleume clammy, and
dypeth it.

Fatte and vinctuose, nourysseth,
and maketh soluble.

Stiptike or roughe on the, tongue
brudeth and comforteth appetite.

Swete doeth cleare, bysolue, and
nouryshe.

FOr as moche as befoze that tyllage of corne was inuented, and that denouryng of fleshe and fylshe was of mankynde vbled, men vns doubtedlye lyued by fruites, & Nature was therewith contented and satisfied: but by chaunge of the diete of oure progenitours, there is caused to be in our bodyes suche alteration from the nature, whiche was in men at the begynnynge, that nowe all fruytes generally are noyfull to manne, and do ingender ylle humours, and be oftetymes the cause of putryfied fevers, if they be moche and contynually eaten. Not withstandynge vnto them, whiche haue aboundaunce of choler, they be sometyme conuenient, to repressse the flame whiche procedeth of choler. And somme fruytes whiche be styptike, or byndynge in tast, eaten before meales, do bynde the bealye, but eaten after meales, they be rather laxatyue. Nowe shall it not be vnxpedit, to wyte of some fruites particularly, declarynge theyr noyfull qualities in appoyntynge of Nature, and howe they maye be vsed with leaste detrymente.

Of Gourdes.

Gourdes raiue be vnpleasaunt in eatynge, yll for the stomache, and almoste neuer digested; therfore he that wyll nedes eate them muste boyle them, roste them, or fry them, every waye they be without sauour or tast, and of theyr proper nature, they gyue to the body colde and moyste nouryshmente, and that verpe

Galen de
aliment.

THE SECONDE

lyttell, but by reason of the clyppernesse of theyr substance, and bycause all meates, whiche be moyste of theyr nature, be not byndynge, they lyghtly passe forth by the body. And bringe well ordyed, they will be metely concocte, if corruptt on in the stomake do not preuente theym: they be colde and moyste in the seconde degree.

Of Melones and Pepones.

Melones and Pepones be almooste of one kynde, but that the melone is rounde lyke an apple, and the innermoste parte thereof, where the seedes are conteyned, is vsed to be eaten. The pepon is moche greater, and somewhat longe, and the inner part thereof is not to be eaten: They bothe are very colde and moist, and do make ylle wyce in the body, if they be not well dygested, but the pepon moche moze thanne the melon, they doo leaste hurte, if they be eaten afore meales. All be it if they do synde in the stomake fleume, they be tourned into fleume, if they synde choler, they be tourned into choler. Not withstanding there is in them the vertue to cleanse and to prouoke wyne, they be colde and moyst in the seconde degree.

Cucumbers.

Galen de
Aliment. 2.

Cucumbers do not excede so moch in moisture as melons: and therefore they be not so soone corrupted in the stomake: but in some stomakes, beinge moderately vsed, they do dygeste well: but if they be abundantly eaten

eaten, or moche vled, they ingender a colde and thicke humour in the vaynes, whiche neuer or seldome is tourned into good bloudde, and sometyme byngeth in feuers. Also they abate carnall luste. The seedes as well therof, as of melons and gourdes, beinge dyed, and made cleane from the huskes, are very medicinable agaynste sykenesses procedynge of heate, also the dyfficultie or let in pyllynge, they be colde and moyste in the seconde degree,

¶ Dates.

¶ Be harde to dygeste, therfore beinge moche eaten, and not well dygested, they annoy the heade, and cause gnatwng in the stomacke, and make grosse iuyce, and sometyme cause obstructions or stoppynge in the lyuer and spleane. And where there is inflammatio or hardnes in the body, they are vnholosome, but beinge well digested and temperately vled, they nourishe and make the fleshe fyne, and also byndeth the bealy: olde dates be hotte and drye in the fyrste degree: newe gathered are hotte and moyste in the fyrst degree.

¶ Of fygges.

Fygges eaten, do shortly passe out of the stomacke, and are sone dytributed into all the partes of the bodye, and haue the power to cleanse, specially grauell, beinge in the raynes of the backe, but they make no substancyall nourishment, but rather somewhat louse and windy, but by theyr quicke passage, the wynde is soone dissolued. Therfore if they be rryp, they do leaste

Actius .r

D. iiii. hatule.

THE SECONDE

harne of any frutes, or almoste none. Dye fygges and olde, are moze hotte and moyste thanne newe gathered, but beinge moch eaten they make ylle bloudd and iuyce, and as some do suppose, do ingender lyce, and also anoyeth the lyuer and the splene, if they be inflamed, but hauynge the power to attenuate or make humours currante, they make the bodye soluble, and doo cleanse the raynes. Also beinge eaten afoze dyner with gynger or pepper, or powder of tyme, or penyroyall, they profyte moche to them, whiche haue oppylations or hard congeled matter in the inner partes of the bodye, or haue dystillations or reumes fallynge into the breste and stomake. Fewe fygges are hotte and moyste, old fygges are hotte in the fyrste degree, and dye in the seconde.

¶ Of grapes and raysons.

alen. de
iment. 2.

also. f.

Grapes do not noury the soo moche as fygges, but beinge ripe, they make not moch yll iuyce in the body: all be it newly gathered, they trouble the bealy, and fylleth the stomake with wynde, therfore if they be hangged vp a while, or they be eaten, they are the lasse noyfull. Sweete grapes, are hotteste, and doo lowse somewhat, and make a manne thyrstye, Sowre grapes are colde, and do also lowse, but they are harde of digestion, and yet they do not harme the. They whiche are in taste bytter or hard, be lyke to them that are soure. Raysons do make the stomake firme and stronge, and doo mouoke appetite, and do comforte weak bodies, beinge eaten afoze meales, they be hotte in the fyrste

fyfte degree, and moyſte in the ſeconde.

Of Cherries.

Cheries, if they be ſweete, they do ſone ſlyp downe into the ſtomacke, but if they be ſowre or ſharpe, they be more holſome, and do louſe, if they be eaten freſhe, and newly gathered, they be colde and moyſte in the fyfte degree.

Of Peaches.

Peaches do laſſe harme, and do make better wyce in the bodye, for they are not ſoo ſone corrupted being eaten. Of the wyce of them may be made a ſyröpe, very holſome againſt the diſtempraunce of choler, wherof procedeth a ſynkynge breathe, they be colde in the fyfte degree, and moyſte in the ſeconde.

Of Appulles.

Appulles eaten ſoone after that they be gathered, are colde, harde to digeſte, and do make ylle and corrupted bloudde, but beinge well kepte vntyl the nexte wynter, or the yere ſollowyng, eaten after meales, they are ryght holſome, and do conſtyme the ſtomake, and make good dygeſtion, ſpeciallſe if they be roſted or baken, moſte properly in a cholerike ſtomake, they are beſt preferred in hony, ſo that one maye not an other. The rough taſted appulles are holſome, where the ſtomake is weak by diſtempraunce of heate or moche moyſture. The ſwyter

D. v.

appula

THE SECONDE

apples, where that griefe is increased. The soure appulles, where the matter is congeled or made thicke with heate. In dysltemperature of heate and drythe by drynkyng moche wyne, they haue ben founde commodiouse: beyng eaten at nyght, goinge to bedde, without drynkyng to them, they be colde and moyste in the fyrste degree.

¶ Of Quynces.

Quynces be colde and drye, eaten afore meale, they bynde and restraine the stomake, that it maye not dygeste well the meate, excepte that they be roasted or sodden, the core taken out and myrte with hony claryfyed, or sugar, than they cause good appetite, & preserveth the head from drounkenness: taken after meate, it closeth and draweth the stomacke together, and helpeth it to dygeste, and mollifyeth the bealy, if it be aboundantly taken: they be cold in the fyrste degree, and drye in the begynnynge of the seconde.

¶ Of Pomegranates.

Pomegranates be of good wyce, and profitable to the stomake, specially they, whiche are swete, but in a hotte season, they that are colde be more expediente and holsome. for than the swete do incende heate, and puffed by the stomake.

Of Peares.

Peaes are moche of the nature of appules, but they are heuyer, but taken after meate, roasted or baken, they are not vnholosome, and doo restrayne and knytte the stomake, beyng e type: they be colde and moyste in the fyrst degree.

Medlars.

Medlars are colde and drye, and constrictiue or straynyng the stomake, and therefore they maye be eaten after meales, as a medicine, but not vled as meate, for they engender melancholye, they be colde and drye in the seconde degree.

Walnuttes.

Valnuttes, if they be blaunched, are sup-
posed to be good for the stomake, and som-
what lowfyng the bealy, myrte with su-
gar, they do nourishe temperately. Of two
drye nuttes, as many fygges, and .xx. leaues of
Rewe, with a grayne of salte, is made a medicine
wherof if one doo eat fastyng, nothyng whi-
che is venemous maye that drye hurte hym, and
it also preserveth againste the pestilence, and this
is the besyeyght Mythydate, they be colde and
drye in the seconde degree, after some opinions
hotte in the thyrde degree, dry in the seconde.

Fylberdes and hasylnuttes.

They are more stronge in substance than wal-
nuttes,

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mittes, wherfore they are not soo easely or soone
dygested. Also they doo inflate the stomake, and
cause heade ache, but they ingender fatte. And if
they be roasted, they are good to restrayne reu-
mes. Also eaten with pepper, they are good a-
gaynste tourmentes of the bealpe, and the stop-
pyng of vyne. They be hotte and drye in the
fyrste degree.

Of Almondes.

They do extenuate and cleanse without any
byndyng, wherfore they purge the breste
and lunges, specially bytter almondes.

Also they doo mollify the beaky, prouoke
cleape, and causeth to pisse wel, five or six of them
eaten afore meate, kepe a manne frome beyng
drunke, they be hot and moyst in the fyrst degree,

Of Chesteyns.

They beinge roasted vnder the ymbers or hotte
ashes, doo nourishe the bodye strongly, and ea-
ten with honye fastyng, do helpe a manne of the
colwge.

¶ Prunes

Of the garbeyne and rype, doo dyspose a
man to the stoole, but they do bringe no
maner of nourishment. For this fruyte
wher as is sayde this propertie remay-
neth, that beinge dyed they do popye. The da-
mnable prune rather byndeth thanne looseth, and

is more commodious vnto the stomake: they be colde and moyste in the seconde degree.

¶ Olynes.

Condyte in salte lycoure, taken at the begynnyng of a meale doth corroborate the stomake, styrreth appetite, and louseth the bealye, beyng eaten with vyner. They whiche be rypp, are temperately hot, they whiche be grene, are colde and drye.

¶ Of Carers.

They nouryshe the nothyng after that they be salted, but yet they make the belly louse and purgeth fleume, whiche is therein coneyned. Also styrreth appetyte to meate and openeth the obstructions or stoppyng of the lyuer and splene, beyng eaten with oximell, before any other meate: they be hott and drye in the seconde degree.

Galen
alime.

¶ Orenge.

The ryndes taken in a lyttell quantytie, doo comforte the stomake, where it dygesteth, speerly condeute with sugar. and taken fastynge in a small quantitie. The wyce of orenge, haueinge a tosse of bycade put vnto it, with a lyttell powder of myntes, sugar, and a lyttell cynamonne, maketh a very good sauce to prouoke appetite. The wyce eaten with sugar is a hott feyer, is not to be hyecomended. The rynde is hott in the fyrste degree, and drye in the seconde: the wyce of them is colde in the seconde degree, and drye in the fyrste.

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¶ Herbes vsed in potage or to
eate. Capit. 8.

Generally all herbes rawe, and not sodden,
do ingender colde and watry iuyce, yf they
be eaten customably, or in abundance: all
be it some herbes are moze comestible, and
do lasse harine vnto nature, and moderately vsed,
maketh metely good bloude.

¶ Lettise.

Among al herbes, none hath so good iuyce
as lettise: for some men do suppose, that
it maketh aboundaunce of blood, all be it
not very pure or perfyte. It doth set a hot
stomake in a very good temper, and maketh good
appetite, and eaten in the eueyng, it prouoketh
sleepe, al be it, it neyther doth lowse nor hynde the
bealy of his owne proprietie. It increaseth mylke
in a womans breastes, but it abateth carnall ap-
petite, and moche vsynge therof, hurteth the eye
syghte. It is colde and moyste temperately.

¶ Colewortes and Cabages.

Before that auarice caused marchauntes to
fetche out of the easle and southe partes of
the world, the traffike of spyece and sundry
moughes, to contente the vnsatiablenes of
manys appetites, Colewortes for the vertues
supposed to be in them, were of suche estimation,
that they were iudged to be a sufficient medy-
cine agaynste all dyscaies, as it maye appere in
the booke of wyse Lato, wherein he wyrteth of
husbans

husbandrye. But nowe I wyll no moze remem-
ber, than shall be requyred, in that whyche shall
be vlsed as meate and not pure medycyne. The
iuyce therof hath vertue to pouрге : the holle
leaves beinge halfe sodden, and the water pou-
red out, and they beinge put esttones into hotte
water, and sodden vntyll they be tender, soo eas-
ten they do bynde the bealy. Some doo suppose,
if they be eaten rawe with vineger, befoze meate,
it shall preserve the stomacke frome surfettyng,
and the head frome drunkenesse : all be it moche
vsynge of them dullecth the syght, except the eyes
be very moyste. Fynally the iuyce that it maketh
in the body is not so commendable, as that whi-
che is ingendred of lettysse. It is hotte in the fyrst
degree, and drye in the seconde.

¶ Of Cikorie or suckorie.

It is lyke in opperation to lettysse, and tempereth choler wonderfully, and therfore in al cholerike feuers, the decoction of this herbe or the water therof styllled, is ryghte expediente. Semblably the herbe and rote boyled with fleshe, that is freshe beinge eaten, kepeth the stomake and heade in verye good temper. I suppose that Houthysell and Dentdelyon, be of lyke qualtyes, but not so conueniente to be vlsed of them, whiche are hole, bycause they are wylde of nature and moze bytter, and therfore causeth fastydiousenesse or lothesomnesse of the stomake. It is colde and drye in the seconde degree.

THE SECONDE

¶ Endyue and Scariole

Bemoche lyke in theyr operation to Cykorie, but they are more conueniente to medicine than to meate. All be it Scariole called whyte Endyue, hauynge the toppes of the leaues touned in, and layde in the erthe, at the later ende of sommer, and couered, becommeth whyte and crispe, lyke to the great stalkes of cabbage lettysse, whiche are in wynter taken vp and eaten. And to them that haue hotte stomakes and dyspe, they be ryght holsoine, but beyng to moche vled, or in very great quantitie they ingender the humour, whiche maketh the cholyke. they be cold and moyste in the fyrste degree.

Malouves

e. 2. de acutis. ¶ Are not colde in operation, but rather somewhat warme, and haue in theyr a clyppernesse: wherfore beyng boyled and moderatly eaten with oyle and vyneger, they make metelye good concoction in the stomache, and causeth the superfluous matter therein easely to passe, and clenseth the bealye. It is Hotte and Moyste in the fyrste degree.

¶ Whyre betes

¶ Are also absteriue and lowseth the bealy, but moche eaten, annoyeth the stomake, but they are ryght good agaynst obstructions or stoppynges of the lyuer, if they be eaten with vyneger or mustarde, wherwyle it helpeth the splene. It is colde in the fyrste degree, and moyste in the seconde.

Poppane.

¶ Pourflan.

Dothe myttygate the great heate in all the inward partes of the body, semblably of the head and eies: also it represseth the rage of Venus, but if it be preserved in salte or byrne, it heateth and pourgeth the stomache. It is colde in the first degree, and moyste in the seconde.

¶ Chervyle.

Is very profytable vnto the stomache, but it maye not susteyne verie moche boylunge, eaten with vyner, it prouoketh appetyte, and also vyne. The decoction therof dronke with wyne, clenseth the bladder.

¶ Sorell

Beynge sodden, it looseth the bealy. In a time of pestilence, if one beynge fastynge, doo chewe some of the leaues, and sucke downe the iuyce, it meruaylously preserveth from infections, as a newe practiser called Guainerius dothe wyte. And I my selfe haue proued it in my householde. The sedes therof brayed and dronke with wyne and water, is verie holtsome agaynst the colyke and strynging of the guttes: it stoppeth the fluxes, and helpeth the stomake annoyed with repletion. It is colde in the thyrde degree, and drye in the seconde.

Disco-
des 11.2. ca
pit. 106.

¶ Persely.

Is very conueniente to the stomache, and comforteth appetyte, and maketh the breathe sweete, the seedes and roots easely vyne to passe well, and breaketh the stoon, dissolueth wyndes: the rootes boyled in water, and therof oxymel being
made

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made, it dissolueth sleume, and maketh good digestion. It is hotte and drye in the thyrde degree.

¶ Fenell

¶ If beynge eaten the seede of rote maketh abundance of mylke, whetwyle drunke with ptylane or ale. The seede somewhat restrayneth flure, prouoketh to pylle, and mytigateth frettynges of the stomacke and guttes, speciallye the decoction of the roote, if the matter, causynge frettyng, be colde, but if it be of a hotte cause, the vse therof is dangerous, for inflammation or exulceration of the raynes or bladder. It is hotte in the thyrde degree, and drye in the fyrste.

elen. sim
de mes
camen.
3. 62, 74

¶ Anyse seede

Maketh swete breathe, prouoketh vyne, and dryueth downe thynges, cleynge to the raynes, or bladder, styreth by courage, and causeth abundance of mylke. It is hotte and drye in the thyrde degree.

¶ Beanes.

They make wynde, howe soo euer they be ordered: the substance, whiche they doo make, is spungre, and not fyne, all be it they be abstersyue, or clenysynge the bodye, they targe longe, or they be dygested, and make grosse wyte in the bodye, but if onyons be sodden with them, they be lasse noyfull.

¶ Peasyn.

Are moche of the nature of beanes, but they be lasse wyndye, and passeth faster out of the body: they be also abstersyue, or clenysynge, speciallye white peason, and they also cause metelye good
nou

nouryſhyng, the huſks taken awaye. And the
brothe wherin they be ſodden, clenſeth right wel
the raynes and bladder.

¶ Rape rootes and Nauēvves. Ca. 9.

The ſuyce made by them, is very groſſe, and
therfore beyng moche eaten, if they be not
perſytely concocte in the ſtomake, they doo
make crude or rawe ſuyce in the vaynes.

Alſo if they be not well boyled, they cauſe wyndes,
and annoye the ſtomake, and make ſometime
frettynges: If they be well boyled fyrſte in cleane
water, and that being caſte awaye, the ſeconde
tyme with fatte fleſhe, they nouryſhe moche, and
do neyther lowſe nor hynde the bealy. But Ra-
uēvves doo not nouryſhe ſoo moche as rapes, but
they be euē as wyndy.

Turnepes.

Beyng well boyled in water, and after with
fatte fleſhe, nouryſmeth moche, augmenteth the
ſeede of man, prouoketh carnal luſt. Eaten rawe,
they ſtyre by appetite to eate, beinge temperatly
bled, and be conuenient vnto them, whiche haue
putriſhed matter in theyr breaſtes or lunges, cau-
ſyng theym to ſpytte eaſely, but beyng moche
and often eaten, they make rawe ſuyce and wynd-
yneſſe.

Parſneps and carettes

They do nouryſhe with better ſuyce than the
other rootes, ſpecially carettes, whiche are hotte
and dry, and expelleth wynde. Notwithſtanding
moche bled they ingender yll ſuyce: but carettes

Gal. ſimp.
medi. lb. 7.

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lasse than parsnepes, the oone and the other ex-
pelleteth vrine.

Radysshe roores.

Radyshe haue the vertue to extenuate, or make thynne,
and also to warme. Also they cause to breake
wynde, and to pylle: beyng eaten afoze meales,
they let the meate, that it maye not descende, but
beinge eaten laste, they make good digestion, and
looseth the bealpe, though the Galenus wyte con-
straye, for I, amonge dyuers other, by expere-
nce haue proued it: notwithstandinge they be
inhollome for theym, that haue continually the
goute, or payne in the ioyntes.

Garlyke.

It dothe extenuate and cutte grosse humours
and sympe, dysolueth grosse wyndes, and hea-
leth all the body, also openeth the places, whiche
are stopped, generallie where it is well dygested
in the stomake: it is hollome to dyuers purposes,
speciallie in the bodye, wherin is grosse matter,
or moche colde inclosed: if it be sodden vntyll it
loseth his tartenesse, it somewhat nouryssethe,
and yet looseth not his proprietie, to extenuate
grosse humours: beinge sodden in mylke, it pro-
spyth moche agaynste distillations from the head
into the stomake.

Onyons.

Do also extenuate, but the longe onyons more
than the rounde, the redde more than the whyte,
the drye more than they whiche be greene: also
paye more thanne sodden: they styre appetite to
meate, and put awaye lothlomenesse, and loose
the bealpe, they quychen syghte, and beinge eaten
in great abundance with meate, they cause oone

to sleape soundely.

Leekes

Be of pl iuyce, and do make troublous diseases, but they do extenuate and cleanse the bodye, Galen. Cap. 13
and also make it soluble, and prouoketh vryne.
Moreover it causeth one to spette out easly the
fleume, whiche is in the breste.

Sauge

It heateth, and somewhat byndeth, and therewith prouoketh vryne, the decoction of the leaues and braunches beinge druncke. Also it stoppeth bleedynge of woundes, beinge layde vnto them. Moreover it hath benne proued, that women, whiche haue ben longe tyme without chylderne, and haue drunke. x. ounces of the iuyce of sauge, with a grayne of salte, a quarter of an houre before, that they haue companyed with theyr husbandes, haue concyued at that tyme. It is hotte and drye in the thyrde degree, the vsynge theroof is good agaynste palseyes.

Isopc.

Dothe heate and extenuate, wherby it dygeth steth stympe fleums: beyng prepared with fynges, it pourgeth fleume downeward, with hony and water vpperward, boyled in vynerger, it helpeth the tothe ake, if the tethe be washed therewith: it is hot and drye in the thyrde degree.

Bourage.

Comforteth the harte, and maketh one merye, eaten rawe before meals, or layde in wyne that is drunke: Also mollifyeth the ventre, and prepareth to the stoole. It is hotte and moyste in the myddell of the fyrste degree.

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Sauery

Purgeth fleume, helpeth dygestyon, maketh
quicke syghte, prouoketh vyne, and styreth car-
nal appetite: It is hot and dry in the thyrde degre.

Rokat

Heateth moche, and increaseth seede of man,
prouoketh courage, helpeth dygestion, and some-
what louseth. It is hotte and moyste in the se-
conde degre.

Tyme

Dissolueth wyndes, breaketh the stoone, expel-
leth vyne, and ceaseth frettynges. It is hot and
drye in the thyrde degre.

Penyryall.

Dothe extenuate, heate, and desoete, it refoz-
meth the stomake, oppressed with fleume, it doth
recomforte the faynte spiryte, it expelleth melanc-
coly by siege, and is medycynable agaynste many
diseases, It is hotte and dry in the thyrde degre.

Townecreilles.

lib. i.

Paulus dyscommendeth, sayinge, that it resi-
steth concoction, and hurteth the stomake, and
maketh yll iuyce in the body, taken as medycyne,
it helpeth many diseases. It is hotte and drye in
the thyrde degre.

Rosemary

hath the vertue to heate, and therefore it dissol-
ueth humours congeled with colde: It helpeth a-
gaynste palleys, fallynge syckenes, old diseases of
the breaste, tormentes or frettyng, it prouoketh
vyne and sweat: it helpeth the cough taken with
pepper and hony, it putteth away tothe ake. the
roote beunge chewed, or the iuyce therof put into
the

the tothe : beinge bourned, the fume therof refp-
 steth the pestylence : the rynde therof sodden or
 burned, & the fume receyued at the mouth, stop-
 peth the reume, whiche falleth out of the head in-
 to the chekes or throte : whiche I my selfe haue
 proued, the grene leaues bruyfed, do stoppe the
 hemeroides, if they be layde vnto thepm : this
 herbe is hotte and drye in the thyrde degree.

☞ Spices grovvyng out of this realme v-
 fed in meate or drynke. Cap. 10.

☞ Pepper.

Blacke pepper is hottest, and mooste drye,
 whyte pepper is nexte, long pepper is most
 temperate. The general property of all kin-
 des of pepper is to heate the bodie, but as
 Galene sayth, it perceth downewarde, and doth
 not spreade into the vaynes, if it be grosse beaten.
 It dissolueth flume and wynde, it helpeth diges-
 tion, expulseth vryne, and it helpeth agaynst the
 diseases of the breste, procedyng of colde. It is
 hot in the fyrste degree, and drye in the second.

☞ Gynger.

Heateth the stomache, and helpeth dygestion,
 but it heateth not soo sone as pepper : but after-
 warde the heate remayneth longer, and causeth
 the mouthe to be moyste : Seynge greene, or well
 confectioned in syrope, it comforteth moche the
 stomake and head, and quencheth remembrance,
 if it be taken in the morowe fastyng. It is hotte
 in the seconde degree, and drye in the fyrste.

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¶ Saffron.

¶ Somewhat synbeth, heateth, and comforteth the stomake, and the harte specially, and maketh good digestion, being eaten or drunke in a smal quantitie. It is hotte in the seconde degree, and drye in the dryste.

¶ Cloues.

¶ Hath vertue to comforte the synewes, also to consume and dissolue superfluous humoures, They be hotte and drye in the thyrde degree: Sodde with milk, it comforteth the debilitie of nature.

¶ Maces.

¶ Dioscorides commendeth to be drunke against spyttyng of bloudde, and blouddy fluxes, and excessive laxon: Paulus Aegineta, addeth to it that it helpeth the colyke: They be hotte in the seconde degree and drye in the thyrde degree. It is to the stomake verie commodiouse, taken in a lyttell quantitie.

¶ Nutmiggis.

¶ With theyr sweete odour comforte and dissolue, and somtyme comforteth the power of the syghte and also the harte in cold dyscrasies, and is hot and drye in the seconde degree.

¶ Of breade. Cap. ii.

Breade of fyne floure of wheate, havyng no leuen, is slowe of digestion, and maketh clumpy humours; but it nourysmeth moche: if it be leuened, it digesteth soner: Breade havyng made branne, fylleth the healte with excrementes, and nourysmeth lyttell or nothyng, but shortly descendeth frome the stomache: The
meane

meane betwene bothe, sufficiently leuened, well moulded, and moderately baken, is the most hol-
some to enery age. The greattest loues do nourishe
moste faste, for as moche as the fyre hath not ex-
hausted the moysture of theym. Hotte breadde
moche eaten, maketh fulnesse and thyrste, and
slowely passeth. Barley bread clenseth the bodye,
and dothe not nourishe so moche as wheate, and
maketh colde wyce in the bodye.

¶ Of fleshe. Cap. 12.

Brese of Englande to Engylshemen, why-
che are in helthe, byngeth stronge nourys-
shynge, but it maketh grosse bloudde, and
ingendzeth melancoly: but beinge of yonge
oxen, not excedynge the age of foure yeares, to
them, whiche haue colerike stomakes, it is more
conuenient, thanne chykens, and other lyke fyne
meates.

¶ Svyynes fleshe.

Above all kyndes of fleshe in nourisshynge the
body, Calene most commendeth porke, not beinge
of an olde swyne, and that it be well dygested of
hym, that eateth it. For it maketh beste wyce, it
is moste conuenient for yonge persons, and them
whiche haue susteyned moche labour, and ther-
with are fatigate, and become weake. Yong pig-
ges are not commended before that they be one
moneth olde for they doo brede moche superflus-
ous humours.

¶ Lambe.

Is very moyste and fleumatike, wherfore it is
not conueniente for aged men, excepte that it be
very wyte rosted, nor yet for them whiche haue in
theyr stomakes moche scume.

E. v.

Mut.

THE SECONDE

Mutton

alimen
3.

Galene doth not commende it, not withstanding experience proueth here in this realme, that if it be yonge, it is a ryght temperate meate, and maketh good iuyce: and therfore it is vbled more than any other meate, in all dyseases. And yet it is not lyke good in all places, noz the shepe, whiche beareth synest wolles, is not the sweetest in cattyng, noz the moste tender. But I haue founde in some countreys mutton, whiche in whytenes, tendernesse, and sweetenesse of the fleshe, mought be wel nyghe compared to kydde, and in dygestion haue proued as holsome.

Kydde and veale

Of Galene is commended nexte vnto porke, but some men do suppose, that in helthe and sicknesse they be moche better thanne porke, the iuyce of them bothe beinge more pure. And here it is to be noted, that of all beastes, whiche be dyce of theyr nature, the yongest be most holsome, of them that are moyste, the eldeste are least hurtfull.

Hare, Conye,

pp. de
stone v
lib. 2,
p. 19.
n. 28.

Maketh grosse bloudde, it dyeth and stoppeth, but yet it prouoketh a man to yssue. Conye maketh better and more pure nourishment, and is soner dygested than Hare. It is well proued, that there is noo meate more holsome, or that more cleane, synelpe, and temperately nourysethe than rabbits.

Dere redde and falowve.

Hippocrates asseyimeth the fleshe of hartes and hundes, to be of yll iuyce, harde of dygestion, and dyce, but yet it moueth vyne. Of falowve dere, he noz any other olde wytter dothe speake of.

of, as I remember. I suppose, bycause there be not in all the worlde so many as be in Englande, where they consume a good parte of the beste pasture in the realme, and are in nothyng profitable, sayyng that of the skynnes of theym is made better lether, thanne is of calues: the huntinge of them beyng not so pleasante, as the huntinge of other venerye or vermyne, the fleshe morhe more vnholosome and vnpleasante, than of a redde dere, ingendryng melancholpe, and makynge manye fearefulle dreames, and dysposeth the bodye to a feuer, if it be moche eaten: not with standyng the fatte therof (as some lerned menne haue supposed) is better to be dygested than the leane.

Of byrdes.

The fleshe of all byrdes, is moche lyghter, than the fleshe of beastes in comparyson, mooste specially of those foules, whiche truste mooste to theyr wynges, and do breade in hyghe countreys.

Capons, hennes, and chykens.

The Capon is aboue all other foules praysed, for as moche as it is easly dygested, and maketh lyttell ordure, and moche good nourysment. It is commodious to the breste and stomake. Hennes in wynter are almoste equal vnto the capon but they doo not make so stronge nourysment. Duggen sayth, if they be roasted in the beate of a kyddo or lambe, they wyll be the better. Chikens in sommer, specially if they be cockrelles, are very conuenient for a weake stomake, and nourysmeth a lyttell. The fleshe of a cocke is harde of dygestion, but the broth, wherin it is boyled, loatheth the beate, & haupyng sodden in it colewoytes.

¶ Polys

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Polypodium, or Tartamus, it purgeth yll humours, and is incycurable agaynst goutes, loynt aches, and feuers, whiche come by courses.

Fesaunt.

Excedeth all fowles in sweetenelle and hollesomnesse, and is equal to a capon in nourysshing, but he is somewhat dryer, and is of some menne put in comparyson, meane betwene a henne and a partriche.

Partriche.

Of all foules is, mooste sooneste dygessed: and hath in hym moche nutrymente, comforteth the brayne, and maketh sede of generation, and reuiveth luste, whiche is abated.

Quayles.

It thoughe they be of some men commended, yet experyence proueth theym to increase melancholy, and are of a small nourysshinge,

Larkes.

Be as well the fleshe as the brothe, verye hollesome: eaten roasted, they do moche helpe agaynst the colyke, as Dioscorides sayth.

A plouer.

Is slowe of dygestion, nouryssheth lyttell, and increaseth melancholye.

Blacke byrdes or oufys.

Amonge wyld soule hath the chiefe prayse, for lyghtnes of dygestion, and that they make good nouryshement, and lyttell ordure.

Sparovves.

Be harde to digeste, and are very hotte, and stirreth up Venus, and specially the braynes of them.

Wood:

VVoodcockes.

Are of a good temperaunce, and metelye lyghte
in dygestion.

Pygeons:

Be easely dygested, and are verie hollesome to
them, whiche are fleumatike, or pure melancoly.

Goose.

Is harde of dygestion, but beinge younge and
fatte, the wynges be easy to dygest in a hooke sto-
make, and nouryssheth competently.

Ducke.

Is hotter than goose, and hard to digeste, and
maketh warse suppe, sawyng the browes on the
breauste boone, and the necke is better thanne the
feminaunt.

Crane and Bustarde.

Crane is harde of dygestion, and maketh yll
suppe, but beinge hanged up longe in the ayre, he
is the lasse vnhollesome. Bustarde beinge fat, and
hepte without meate a daye or two afore that he
be kylled, to expoulse his ordure, and than dra-
wen, and hanged as the crane is, beyng roosted
or baken, is a good meate, and nouryssheth well,
if he be well dygested.

Hearon, Byttour, Shouelar:

Beinge yonge and fatte, be lyghtlyer dygested
than crane, and the byttour sooner than the hea-
ron, And the Shouelar sooner than any of theym,
but all these fowles muste be eaten with moche
gynger or pepper, and haue good olde wyne
drunke after them, and so shall they be more ea-
sily digested, and the suppe comynge of theym
be the lasse noysfull.

The

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The partes and members of byrdes
and beastes. Cap. 13.

The wynges, browes, and necke of geese, capons, hennes, fesaunte, partryche, and small byrdes, beinge fatte, are better than the legges in digestion, and lyghter in nourysshing. Of wyldfoule and pygeons beyng fatte, the legges are better than the wynges: the browes of ducke, teale, and wygeon excepte, whiche is better to dygeste than the resydewe.

The gyfar or stomake.

Of a goole or henne, beyng fatte with bianne and mylke, beyng well sodden or made in poulder, is good for the stomake, in makynge it strong to digeste, and nourisheth competently.

The lyuer.

Of a capon, henne, fesaunt, or goole, beinge made fatte with mylke myxt with theyr meate, is not onely easy to dygeste, but also maketh good suppe, and nourisheth excellently. But the lyuers of beastes be vyl to dygeste, passeth slowely, and maketh grosse bloud, but it is strong in nourysshing.

The invuarde of beastes, as trypes.

and chitterlynges.

The fleshe of them is more harde to dygeste, And therefore although they be well dygested, yet make they not suppe naturally sanguine, or clene, but rawe suppe and colde: and requyrett a longe tyme, to be converted into bloodde.

The lunges or lyghnes.

Are more easy to dygeste than the lyuer, and laste nouryssheth, but the nourysshemente, that it maketh, is flumatyke: All be it the lunges of a

Fors

fore, is medecynable for them, whiche haue synneshesse of the lunges.

The splene or mylre
Is of yll iuyce, for it is the chamber of melancoly.
The harre.

Is of harde fleshe, and therfore is not soone dygested, nor passeth thortelye, but where he is well dygested, the iuyce that it maketh, is not to be dysprayed.

The brayne.

Is fleumatike, of grosse iuyce, slowe in digestynge, noryse to the stomache, but where it is well dygested, it nourysheth moche.

Marowve.

Is more delectable than the brayne, it is yll for the stomake, but where it is well dygested, it nourysheth moche.

The stones and vdders.

Beinge well dygested, do nouryshe moche, but the stones are hotter with theyr moystnesse, the vdders colde and fleumatike, they bothe doo increase lede of generation: but the blonnde mede of the vdder is better than that, whiche commeth of the stones, excepte it be of calves and lambes. Also the stonnes of cockes, maketh commendable nourishment.

The heade.

The fleshe therof nourysheth moche, and augmenteth seede: but it is slowe of digestyon, and noryeth the stomake, but to them, whiche vse moche exercyse, it is not discommendable.

The tongue.

Is of a spongy and sanguyne substance, but
the

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the kernelles and gysstell, whiche are in the rootes, if they be welles dygested, they make good nourishment, if they be not well dygested, they make stume.

The feete.

Beynge well boyled and tender, in a holle stomake, dygesteth well, and maketh good iysce, and passeth forth easily. Galene commendeth the feete of swyne. But I haue proued, that the feete of a yonge bullocke, tenderly sodden, and layde in soule two dayes or thre, and eaten colde in the evenynge, haue broughte a cholerike stomake into a good dygestion and slepe, and therewith hath also expulsed salte stume and choler, and this haue I founde in my selfe by often experience, alway forelene, that it be eaten before any other meate, without drynkyng immediately after it.

Of fische generally. Cap. 14.

The best fische after the opinion of Galen, is that, whiche swimmeth in a pure sea, and is tolled and lyfte vpp with wyndes and courges. The more calme that the water is, the worse is the fische, they whiche are in muddy waters, do make moch fleshe and ordure taken in fennes and dyches be worse, beynge in frethe ryuers and swyfte, be sometyme commendable: albeit generally, all kyndes of fische make more thyne bloodde, than fleshe, so that it dothe not moch nourishe, and it dothe soone passe out by vapours: to a holle cholerike stomake, by fevers, sometyme they be holle, beynge

beynge newe, freshe, and not very harde in substance of stymy, harde fysh is harde of digestion, but the nourishment therof is more fyne, than that, whiche is softe: those whiche haue moche grosse humours in them, are best powdered.

Of Butter. Cap. 15.

Butter is also nourysshynge, and profytech to them, whiche haue humours superfluous, in the breste of lounge, and lacketh ryping and clensynge of them: specially if it be eaten with sugar or honny. If it be well salted, it heateth and clenseth the moze.

Of Chese. Cap. 16.

Chese by the hole sentence of all auntyente wynters, letteth dygestion, and is enemy vnto the stomake. Also it ingendreth ylle humours, and bredeth the stone. The chese whiche dothe leaste harme, is softe chese, reasonably salted, whiche some men do suppose, nouryssheth moche.

Of Egges. Cap. 17.

Egges of fesantes, hermes, and partryches, be of all other meates moste agreable vnto nature, specially if they be newe layde: if they be reere, they do clense the throte and the breste. If they be harde, they be slowe in digestion: but beynge ones digested, they doo nouryssh the moche. Meane betwene reere and hard, they digeste conveniently, and nouryssh the quychelye. Egges well poched, ar better than rosted. If they be fyled harde, they be of yll nourysshment and do make synnynge fumes in the stomake, & doo rothe other meates with whom they be myngled. They be mooste holssome, whan they be poched.

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and most ynholtsome, whan they be fryed. Dioscorides sayth, If they be souped warme, before any other meate, they do heale the griefes of the bladder, and raynes, made with granelle: Also Lozenesse of the chekes and throte, and spyttinge of bloudde: and they be good agaynst catarres, or styllynge out of the hecd, into the stomake.

Of Drynkes, and fyrst of water. Cap. 18.

Vndoubtedly water hath preempnence aboue all other lycours, not onely because it is an element, that is to say, a pure matter, whercof all other lycours haue their originall substance, but also forasmuch, as it was the very naturall and fyrste drynke, to all maner of creatures. Wherfore the saying of Pindarus the poete, was euer well allowed, whiche saith, water is beste. And one thyng is to be well considered, that from the creation of the world, vntyll the vniuersalle deluge or floudde, duringe whiche tyme, men lyued eyghte or nyne hundred yeres, there was none other drynke vsed nor known, but water. Also the true folowers of Pythagoras doctrine, dranke onely water, and vsed longe, as Apollonius, and other, and in the serchyng out of secrete and mysticall thynges, their wyttes excelled. Moe ouer, we haue sene men and women of great age, and stronge of body, whiche neuer, or very seldome, dranke other drynke, than pure water: As by example in Cornewall, although that the countray be a verie colde quarter, whye he groweth, that cometh fro in their infancie, were accustomed

none

none other drynke but to watet onelym oderate-
 ly vsed, it shoulde be sufficient to kepe naturall
 moisture, and to cause the meate that is eaten to
 perce and descende vnto the places of dygestion
 whiche are the purposes that drynke serueth for.
 But nowe to the qualities of water, after the sen-
 tence of auncient phylosophers and physitions,
 The rayne water, after the oppnyon of the most
 men, yf it be receyued pure and cleane, is mooste
 subtylle and penetratyue, of any other waters:
 The nexte is that, whiche issucth out of a spring
 in the easse, and passeth swyftely, amonge great
 stones or rockes: The thyrde is of a cleane ry-
 uer, whiche renneth on great harde stones or pe-
 bles. There be dyuers meanes to trye out, which
 is the beste water, for that whiche is lyghtest in
 poise or weyght is best. Also that, wherof cometh
 lest skym or froth, whan it doth boyle. Also that,
 which wyll sonest be hote. Moreouer deape lyn-
 nen clothes into sundry waters, & after lay them
 to dry, and that which is soonest drye, the water
 wherin it was deped is most subtyl. After a great
 surfette, specially taken with superfluous eating
 of bankettinge meates, colde water drunken is a
 generall remedy. Hippocrates affirmeth, that in
 sharpe and feruent discaies, none other remedy is
 to be required than water. And Galene wyll not,
 that chyldren shuld be let from drinking of water,
 but that whan they fele them seluss berpe hotte,
 after meales, and doo desyre to drynke water,
 specially of a cleane fountayne, they shuld be suf-
 fered. Also Hippocrates saythe, In suche sycknes
 where as thou fearest, lest the heed shuld be vehe-
 mently greued, or the mynde perished, there muste

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thou geue epyther water, or whyte wyne alayde with moche water. Not withstandynge there be in water causes of dyuers dysleases, as of swellinge of the splene, and the lyuer, it also flytteth and swymmeth, and it is longe or it percerth, in as moche as it is colde and slowe in decoction, it loseth not the bealte, nor prouoketh brine. Als o in this it is vycious, that of his propre nature, it maketh none ordure. Finally, alway respect must be hadde to the persone, that drynketh it, for to yonge men, and theym that be hotte of complexion, it dothe lasse harme, and sometyme it prouoketh: But to theym that are feble, olde, fleumasie, or melancoly, is not conuenient.

¶ Of wyne. Cap. xix.

Plato, the wyldest of all philosophers, dothe asseyne, that wyne moderately drunke, norrysheth and comforteth, as wel al the body, as the spyrtes of manne. And therfore god dyd ordeyne it for mankynde, as a remedye agaynst the incommodyties of aeger, that thereby they shoulde seme to retourne vnto youth, and forgette heynesse. Andoubtedly wyne heateth and moysteth the bodye, whyche qualyties chieffely conserueth nature. And Galene of all wynes, commendeth that, whiche is yelow and clere, saying: That it is the hottest, and whyte wyne lest hotte. And the colour meane betwene bothe, of semblable temperature. The yelow wyne, whyche is the propre colour of verye hotte wynes, to olde men dothe byng these commodities, fyrst it heateth all theyr members, also it purgeth by vyne,

the watry substance of the bloudd. Moreover the wyne, whiche be pale or yelow, and full of substance, they do increase bloudd, & nouryshe the bodye, but for the more parte olde men haue nede of suche wyne, whiche do prouoke dryne: for as moche as in them do abounde watry excrementes, or superfluties, and they whiche do tary longe in the bealy, be not apt for aged men. Blacke or depe redde wyne and thicke, do bind and congele that whiche they do synde in the bodye, and although some of them do not longe abyde in the bealye, yet they moue not dryne, but rather withdraweth: but yet they doo harme to olde men, for as moche as they do stoppe the cūdites of the spleene, the lyuer, & the raynes. Also grosse wyne be beste for them, whiche desyre to be fatte, but it maketh oppilations: olde wyne and clere is better for theym, that be fleumatike. Galene also prohybiteth chylderne to drynke any wyne, for as moch as they be of an hot and moist temperature, and soo is wyne: and therefore it heateth and moysteth to moch theyr bodyes, and fylleth theyr heades with vapours. Moreover, he wolde, that yonge men shoulde drynke lyttell wyne, for it shall make them prone to surfeit and to lechery: and that parte of the soule, which is called rationable, it shall make troublous and dulle: not withstandynge, yet it is sommetyme profytable to mitigate or expell ozdure, made of coler or melancolpe. Also it profyteth agaynst drythe, whiche hapneth in the substance of the bodye, eyther by to moche labour, or by the propre temperature of age: for wyne moysteth and nourysmeth it, whiche is to drye, also mytigate

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eth and dissolueth the sharpenes of choler, and purgeth it also by vrine and sweate. Finally (as Theognes sayth) Moche dypnyng of wyne is yll, but moderate dypnyng of wyne is not onely not ylle, but also commodious and profytable, whiche sentence is confyrmed by Ielus Syrac, in the boke named Ecclesiasticus, sayeng, Wyne moderately drunke, reioyseth both the bodye and soule. Wherfore to cōclude this chapiter, There is neyther meate nor dypnke, in the vse wherof ought to be a moze dyscrete moderation, than in wyne, consydering that being good and drunke in due tyme and measure, it not onely conferueth naturall and radicall moysture, wherby lyfe endureth, but also it helpeth the pyncepal membez, whych belonge to digestion, to doo their offyce: On the other part, beyng yll or corrupte or taken out of order and measure, it dothe contrary to all the pzemysse, besydes that it transfourmeth a man or woman, making them beastly. Moze of the qualities of wyne, shall be touched hereafter in the order of dyete.

Of Mylke. Cap. 20.

Mylke is comparte of thre substaunces, creame, whay, and cruddes. The moste excellent mylke is of a woman. The milk of a cowe is thickest, the mylke of a camelle is moste subtyll, the mylke of a goote is betweene cowe mylke, and camell mylke. Ewes mylke is betweene cowe mylke and asses mylke. Alsoo the mylke of beastes, fedynge in large pastures, and out of fennes and marshes, is better thanne of them

them, whiche be fedde in lyttell closes, or in wa-
 stre groundes. In sprunge tyme mylke is mooste
 subtyll, and milke of yonge beastes, is hollesomer,
 than of olde. To chylderne, olde menne, and to
 them, whiche be oppressed with melancolpe, or
 haue the fleshe consumed with a feuer ethike,
 mylke is conuenient. And generally to all them,
 which do not fele the mylke ryle in theyr stoma-
 kes, after that they haue eaten it: and in those
 persones, it dothe easlyly pourge that, whiche is
 in the bealy superfluous. And afterwarde it en-
 treth into the vaynes, and byngeth good nou-
 ryshment. Who so euer hath an appetite to eate
 or drynke mylke, to the entente that it shall not
 aryle or abrayde in the stomake, lette hym put in
 to a vessel, out of the whiche he wyl receyue it,
 a fewe leaues of mynte, sugar, or pure honye.
 And in to that vessel cause the best to be milked,
 and so drynke it warme frome the vdder: or els
 lette hym do as Paulus Aegineta teacheth, that
 is to say, boyle fyrst the mylke with an easly fire,
 and sethe it after with a hotter fire, and skumme
 it cleane, and with a sponge deaped in colde wa-
 ter, take that cleane away, whiche wold be bur-
 ned to the vessell, than put to the mylke salt and
 sugar, and stere it often. More ouer mylk taken
 to pourge melancolpe, wolde be drynke in the
 moynng abundantly newe mylked, as is befoze
 wyrtten. And he that drynketh, shulde abstepne
 from meate, and exercise, vntyll the mylke be di-
 gested, and haue somewhat poured the bealy.
 For with labour it becommeth sowze: and ther-
 fore it requyryeth reste and wathe, or to walke
 berpe softly. Finally, where men aid women

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be bled from their chyldhode, for the moze parte, to mylke, and to eate none oꝝ lyttell other meate, but mylke and butter, they appere to be of good complexion and facon of body, and not soo moche veyed with sykenesse, as they whypche drynke wyne oꝝ ale, not withstandynge moche vse of mylke in meane sanguyne oꝝ choleryke, dothe in- gender the stone.

¶ Of ale, biere, cyder, and whay.

I can neither here nor rede, that ale is made and vled for a common drynke in any other coun- trey, than Englande, Scotlande, Irelande, and Doyle. The latyne worde Cereuitia, is in- different as well to ale as to biere. If the corne be good, the water hollosom and cleane, and the ale oꝝ biere wel and perfyty brewed and clenfed, and by the space of .vi. dayes oꝝ moze, settled and defes- cate, it must nedes be a necessarye and conuenient drynke, as well in sykenesse as in helth: consyde- ryng that barley corne, whereof it is made, is cō- mended, and vled in medicine, in all partes of the worlde, and accompted to be of a singular efficacy in reducyng the body into good temper, specially whiche is in a distemperature of heate. For what auncient phisition is there, that in his workes cō- mendeth not ptylane, whypche is none other than pure barley brayed in a morter, and sodden in wa- ter, the same thyng is small and clene ale oꝝ biere, sauinge that perchaunce, the dryenge of the malte is cause of moze dryth to be in the ale, than in pty- lane. And the hoppes in biere maketh it colder in operation. But to saye as I thynke, I sup- pose

pose, that neyther ale nor biere is to be compared to wyne, consyderynge, that in theym doo lacke the heate and moysture, whyche is in wyne. For that beyng moderately vsed, is mooste lyke to the natural heat and moysture of mans body. And also the lyke of ale and biere, beyng more grosse, doo ingender more grosse vapours, and corrupte humours, than wyne dothe, beyng drunke in like excesse of quantitie.

As for Cyder, may not be good in any cōdition consyderynge (as I say) that all frutes do ingender yll humours, and do coole to moche naturall heate: but to them, which haue abundance of red choler, moderatly vsed, it somewhat profyteth in mytigation of excessyue heate. But who that wyll diligently marke in the countreyes, where cyder is vsed for a common drynke, the men and women haue the colour of theyr visage palled, and the skynne of their visage ryuced, althoughe that they be ponge.

Whay, if it be left of the butter, being well oyled, and not drunke, vntyl it haue a thicke curd of mylke ouer it, lyke to a hatte, is a ryght temperate drynke, forasmuch as by the vinctuositie of the butter, whereof the whay retayneth some portion, it is both moyst and nourishing, and clenseth the brest, and by the subtilnes of it selfe, it descendeth sone from the stomacke, and is shortly digested. Also by reason of the affinitie, wich it hath with mylk, it is conuertible into bloudde and fleshe, specially in those persones, whiche doo inhabite the northe partes, in whom naturall heate is conglutinate, and therfore is of more puyssaunce and vertue in the offyce of concoction. Also custome from chylde

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hoode dothe eleuate the power of meates and
drynkes in theyr dysposytion, not withstandyng
that the foure humours, sanguine, choler, fleume,
and melancolpe, muste also be consydered, as it
shall appere in dyuers places hereafter.

¶ Of honye. Cap. 22.

Honye as well in meate as in drynke, is of
incomparable effiracy, for it not only clen-
seth, altereth, and nourysmeth, but also it
longe tyme preserueth that vncorrupted, whiche
is put into it. In so moch as Pliny saythe, **Su-**
che is the nature of honye, that it suffred not the
bodies to putrisie. And he affirmeth, that he dyd
see an Hippocentaure (whych is a beaste halfe
man, halfe hoxe) brought in honye to Claudius
the emperour, out of Egypte, to Rome. And he
tellethe also of one Pollio Romulus, who was
about a hunderde yeres olde, of whome Augu-
stus the emperour demaunded, by what meanes
he lyued so longe, and retayned styll the vygoure
or yuetylnesse of body and mynd, Pollio answa-
red, that he dyd it inwarde with meade (whych
is drynke made with honye and water) outwarde
with oyle. Which sayeng agreeth with the sen-
tence of Democritus, the greatte phylosopher:
who beyng demaunded, howe a man moughte
lyue longe in helthe, he answered, If he wette
hym within with honye, without with oyle. The
same philosopher, whan he was a hddged yeres
olde and nyne, prolonged his lyfe certayn dayes
with the euaporation of honye, as Aristoreus
writeth. Of this excellent matter, mooste won-
derfully wrought and gathered by the lyttell bee,

as

as well of the pure dewe of heuen, as of the most
 subtyll humour of swete and vertuous herbes &
 floures, be made likoys comodious to mankynd,
 as meade, metheglyn, and oximel. Meade whiche
 is made with one parte of honye, and foure ty-
 mes so moche of pure water, and boyled vntyll
 no skymme do remayne, is moche commended of
 Galene, drunke in sommer, for preseruyng of
 health. The same authoꝝ alwaye commendeth
 the vsynge of hony, eyther rawe eaten with fine
 breade somwhat leuened, oꝝ sodden, and recep-
 ued as drinke. Also meade perfectlye made, clen-
 seth the breast and lunges, causeth a man to spye
 easily, and to pisse abundantly, and purgeth the
 bealy moderately. Metheglyn, whiche is mooste
 vbled in Wales, by reason of hotte herbes boyled
 with hony, is hotter than meade, and moze com-
 forteth a colde stomake, if it be perfecttely made,
 and not newe oꝝ very stale. Oximell is, where to
 one parte of vyneger is put double so moche of
 hony, foure tymes as moche of water, and that
 beyng boyled vnto the thyrde parte, and cleane
 skymmed with a fether, is vbled to be takē, where
 in the stomake is moch fleume oꝝ matter vndige-
 sted, soo that it be not redde choler. Loke the vse
 therof in Alexādo Tralliano. Many other good
 qualities of hony, I omit to wyte of, vntyl some
 other occasion shall happen, to remember theym
 particularly, wher they shal seme to be profitable.

Li. 4.
 enda
 tate.

Sugar. Chap. 23.

Of sugar, I do fynde none ancient authoꝝ
 of Grekes oꝝ latynes, to wyte by name
 but onely Paulus Aegineta, who saythe

THE SECONDE

In this wyse, after that he hath treated of hony. Moreover sugar, whiche they calle honye, that is brought to vs from Arabia, callid Felix, is not so swete as our hony, but is equalle in vertue, and doth not anoy the stomake, no; causeth thyrste.

These be the wordes of Paulus. It is nowe in dayely experyence, that sugar is a thyng verie temperate and nouryschyng, and where there is choler in the stomake, or that the stomake abhorreth hony, it may be vled for hony in all thynges, wherein hony is requyred to be. With sugar and byneger is made syrupe acetose.

☞ Of tyme. Cap. 24.

In the consyderation of tyme, for takynge of meates and drynkes, it is to be remembred, that in wynter meates ought to be taken in greatte aboundaunce, and of a more grosse substance than in sommer, forasmuche as the exterior aye, whiche compasseth the body beinge colde, causeth the heate to withdraue into the inner partes, where beinge inclosed, and gathered nigh together in the stomake and entraples, it is of more force to boile and digeste that, whiche is receyued into it. Also meates roasted, are than better than sodden, and fleshe and fishe powdred, is than better than in sommer. Herbes be not than commendable, specially raw, neither frutes, excepte quynces roasted or bashed. Drynke shuld be than taken in litell quantitie. Moreover wyne shall nede no water, or very lytell; and that to coleryke persones: redde wyne, and they whiche be thycke and swete, may be than moste surely taken of theym, whiche haue none oppo-

oppellations, of the stone. Alway remember, that in wynter fleume increaseth by reasone of rayne and moystnesse of that season, also the lengthe of tyghtes and moche reste. And therefore in that tyme cholerike persons, ar best at ease, semblably are yonge men, but to olde men wynter is ennmy. It begynneth the viii. day of Nouember, and endureth vntyll the viii. day of February.

The spyngge tyme dothe participate the fyrste parte with wynter, the latter parte, with Sommer. Wherefoze yf the fyrste parte be colde, than shall the dyete be accordeynge to wynter. If the ende be hotte, than shall the dyete be of sommer. If bothe partes be temperate, than shulde there be also a temperaunce in dyete: alwaye consyde- ryng, that fleume yet remayneth, and bloud than increaseth. And meate wolde be lasse in quantitie than in wynter, and drynke somewhat more.

Spyngge tyme begynneth the viii. daye of February, & continueth vnto the viii. day of Maye.

In Sommer the inward heat is but lytell, & the stomake doth not digest so strongly nor quychely, as in wynter, wherefoze in that season, eatynge often, and a lyttell at ones, is mooste conuenient. And Damascenus saythe, that fastynge in Sommer dryeth the body, maketh the colour salowe, ingendryeth melancolye, and hurteth the syght, also boyled meate, breadde steeped in whyte brothe, with sodden lettyse, or cyphorie, are than good to be vsed. also varietie in meates, but not at oone meale, potages made with colde herbes, drynke in more abundance, wyne alayde with water, to hotte complexions moche, to colde natures lasse, In this season bloudde increaseth, and towarde the

Gal. f.
ment.
pho. 2

Spyng
tyme.
Hippe
tes de
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Gal.
aphor
lib. 1.
Som

Hippe
de hu
bus.

THE SECONDE

In cō: the ende therof, choler. And therfore they, which
 In a: be colde of nature and moyste, are than beste at
 ease, hotte natures and dry warste. More ouer,
 chyliden, and very yonge men in the begynnyng
 of sommer, are hoilest, old folke in the latter ende
 and in hartnest. Sommer beginneth the. viii. day of
 May, & cōtinueth vntyll the. viii. day of August.

Autumne beginneth the. viii. day of August, and
 endeth the. viii. day of Nouember, that season of
 the yere is variable, & the aire changeable, by oc-
 casion wherof, happen sondry sicknessis, & blod de-
 creseth, & melancoly abundeth: wherfore al som-
 mer frutes wold thā be eschewed, forasmoch as
 they make yll iuyce and windes in the body. In
 this tyme meate wold be more abundant than
 in sommer, but somewhat drier: drink must be lesse
 in quantitie, but lasse myrte with water. This
 tyme is dangerous to all ages, all natures, and
 all countreys, but the natures hotte and moyste,
 be lesse indamaged.

☞ Diete concernyng sondry tymes of the
 yere wrytten by the olde phisition
 Diocles to kyng Antigonus.

From the. xii. day of December, at the whiche
 che tyme the day is at the mozttest, vntyl the
 nynthe day of Marche, which doo conteyne
 lxxx. dayes, reumes and moystures do increase,
 than meates and drynkes naturally very hotte,
 wolde be moderately vsed. Also to drynke abun-
 dantly wyne without alaye or with lyttell water,
 and to vse lyberally the company of a woman, is
 not vnholosome to the body.

☞ From the nynthe daye of Marche, at whiche
 tyme

Time is Equinoctiu verum, vnto the. xxv. daye of Apryll, swete sleume and bloudde do increase, therfore vse than thynges haupnge moche swete and sharpe, exerrise the bodye dylygentely, than may ye vse safely the company of a woman.

¶ From the. xxv. day of Apryll, to the. xliii. day of June, Choler increaseth, than vse all thynges that are swete, and do make the bealy soluble, for beare carnall company with women.

¶ From the. xliii. daye of June, at whiche tyme the day is at the lēgest, vnto the. xii. day of September, dothe melancoly reigne, forbeare carnall company, or vse it moderately.

¶ Frome the. xii. daye of September, vnto the. xvii. day of October, doo abounde sleume and thynne humours, than wolde all fluxes and dysstillations be prohibited, than all sharpe meates and drynkes and of good wyce, are to be vled, and carnall occupation shulde than be eschewed.

¶ From the. xvii. daye of October, to the. xii. daye of December, increaseth grosse sleume, vse therfore all bytter meates, swete wynges, fatte meate, and moche exercise.

¶ Of ages.

Cap. 25.

Chyldren wolde be nourished with meates and drynkes, whiche are moderately hotte and moyste, not withstandynge Galene dothe prohibite them the vse of wyne, because it moysteth and heateth to moche the bodye, and fylleth the heades of theym, whiche are hotte and moyste, with vapours. Also he permitteth them in hotte wether to drynke cleere water of the fountayns.

¶ Chylde

Thy

Gal.
san. li

THE SECONDE

¶ Thus a chylde growynge faste in his members to-
 ward a manne, soo that he semeth well fedde in
 the bodye, is than to be feared of fulnesse of his
 mours, and if it be perceyued, that he is replete,
 than muste be wythdrawen and mynished some
 parte of that nūtrymente, and accorpyng vnto
 his age, some euacuation wolde be deuysed, other
 while by exercyse, walkynge vp and downe fa-
 styng, and before that they eate any meate, lette
 them exercyse them selves with theyr owne labors,
 and do theyr owne accustomed busynes, and eate
 the meates wher vnto they be moste bled, so that
 it be suche, that may not hurte theym. And this
 shode they not to knowe of physitions, but by ex-
 perience and dilygent serche by theyr stoole, theyr
 noyces shall perceyue what dyggesteth welle, and
 what dothe not.

¶ But yf it appere, that by excessyue feedynge
 the bealy of the chylde is fuller and greater than
 it was wont to be, and that whiche passeth by the
 bealy, is corrupted, or his sweate synketh, these
 chynges knowen, yf they eate stronge meates,
 gyue them not one kynd of meate, but diuers, that
 the noueltie of the meate may helpe, that they may
 goo more easly to the stoole. For yf any haue
 an vnrasonable appetite, he is sooner recouered,
 yf he be pouged by a boyle or impostume comen
 forth and broken, before that the meate be cor-
 rupted, and after that let hym eate fyne meates, and
 byynge ones hole, retourne by lyttell and lyttell to
 his olde custome.

¶ Yonge men, excedynge the age of. xliii. yeres,
 shall eate meates more grosse of substance, colde
 and moister, also salades of colde herbes, and
 to

to drynke seldome wyne, except it be alayde with water. All be it all these thynges muste be tempered, accordyng to their complexions, & exercise and quietnes in lpyng, wherof ye shall reede in theyr proper places hereafter.

Olde men, in whom natural heate & strengthe semeth to decay, shulde vse alway meates, which are of qualitie hot and moyst, and therewithall easy to be digested, and absteyne vtterly from all meates & drynkes, whych wyll ingender thycke wyce and slymy, semblably from wyne, whych is thycke, swete, and darke redde wynes, and rather vse them, whiche wyll make thyn humors, and wyll purge well the bloudde by dryne, therfore whyte or yelow wyne, and perchaunce frenche clarette wyne, are for theym very commendable. Also wyne prepared with pure honye clarified, wherein rootes of persely or fenelle be steeped, specialllye if they suspecte any thyng of the stoone or goute. And yf they more desyre to cleanse theyr raynes and bladder: than is it good to vse small white wyne, as rached renyshe wyne, or other lyke to it. And sommetyme to stepe ouer nyght therein a persely roote slyt, and somewhat buyled, and a lyttell lyxoyce. Fynally, let theym beware of all meates, that wyll stoppe the pores, and make obstructions or oppulations, that is to saye, with clammye matter stoppe the places, where the naturall humours are wroughte and digested, the whych meates I haue before sette in a table. But if it chaunce theym, to eat any suche meate in abundance, lette theym take shortlye suche thynges, as do resyste opilations, & resolue theym. As whyte pepper, buyled and myxt.

Olde m

Paul's E
neta lib.
cap. 23.

Opplatti
what they
are,

THE SECONDE

myrte with theyr meates or drynke: garlyke also
or onions, if they abhoire them not. Alway re-
member, that aged men shuld eat often, and but
lyttell at every tyme, for it fareth by theym, as it
dothe by a lampe, the lyght wherof is almost ex-
tincte, whiche by pourynge in of oyle lyttell and
lyttell, is longe kept bournynge: and with moch
oyle poured in at ones, it is cleane put out. Also
they muste forbear all thynges, whiche doo in-
gender melancolpe, wherof ye shall reade in the
table before, and breadde cleane without leuen,
is to theym vnholysome.

¶ Moderation in dyete, hauyng respecte to the
strength or weakenes of the
person. Cap. 26.

NOwe here it muste be consy dered, that all
though I haue wryten a generall dicte for
e uery age, yet nethelisse it must be remem-
bred, that somme chylderne and yonge men, ei-
ther by debylitie of nature, or by some accyden-
tall cause, as sycknes, or moche study, happen to
gather humours fleignatyke or melancolpe in the
places of digestion, so that cōcoction or digestion
is as weake in them as in those, whiche are aged.
Semblably some olde men fynde nature so benes-
feyall vnto theym, that theyr stomakes and ly-
uers are more stronge to dygeste, than the sayde
yonge men, some pcrchaunce haue moche cholre
remaynyng in theym. In these cases the sayde
yonge men muste vse the dyete of olde menne,
wrygh vnto it, vntyll the dyscrasy be remoued, by
wyche alway respecte to theyr vnyuersall com-
plexions

plexions, as they, whyche are naturallie chold-
 yke, to vse hotte thynges in a more temperance
 than they, whyche be fleumatycke, or melanco-
 lye by Nature. The same obseruation shall be to
 olde menne, saynge that age, of his owne pro-
 pertye is colde and drye, therefore the olde man,
 that is cholericky, shall haue more regarde to
 moysture in meates, than the yonge man beyng
 of the same complexion. Forseus alwaye, that
 where nature is offended or greued, she is cured
 by that, whyche is contrary to that, whyche of-
 fendeth or greueth, as colde by heate, heate by
 colde, drythe by moysture, moysture by drythe.
 In that wherby nature shulde be nourysed in a
 hole and temperate body, thynges muste be ta-
 ken, whyche are lyke to the mans nature in qua-
 litye and degre. As where one hathe his bodye in
 a good temper, thynges of the same temperance
 bothe nouryshe hym. But where he is oute of
 temper, in heate, colde, moysture, or dryth, tempe-
 rate meates or drynkes, nothyng do prosyfe hym,
 for beyng out of the meane and perfyte temper-
 ature, nature requyeth to be therto reduced by
 contraries, remembryng not onely, that contra-
 ries are remedye vnto theyr contraries, but also
 in euery contrarie, consyderation be had of the
 proportion in quantitie.

Hipocr
 aphor.
 Galen.
 commen

¶ Tymes in the day concernynge
 meales. Cap. 27.

Besides the tymes of the yere, and ages,
 there be also other tymes of eatynge and
 drynyng to be remembred, as the sondry
 tymes

THE SECONDE

spyes in the day, whiche we call meales, whiche
 are in number and dystaunce, accorpyng to the
 temperature of the countreye and persone: As
 where the countrey is colde, and the person lusty,
 and of a stronge nature, there may mo meales be
 vsed, or the lasse distance of tyme betwene them.
 Contrarywys in contrarye countreyes and per-
 sonages, the cause is afoze rehersted, where I
 haue spoken of the dyet of the times of the yere,
 not withstanding here must be also consideration
 of exercise and reste, whiche doo augment or ap-
 prethe the naturall disposition of bodyes, as shall
 be moze declared hereafter in the chapter of ex-
 ercise. But concernyng the generall vsage of coun-
 treys, and admitting the bodies to be in pfit state
 of helth, I suppose that in Englande yong men,
 butyl they come to the age of .xl. yeres, may welk
 eate thre meales in one daye, as at breakfast, dy-
 ner, and supper, so that betwene breakfast and
 dyner, be the space of foure houres at the leaste,
 betwene dyner and supper. vi. houres, and the
 breakfast lasse than the dyner, and the dyner mo-
 derate, that is to say, lasse than sacietie or fulnes
 of bealy, and the dynke therevnto measurable,
 accorpyng to the dryenelle or moystenelle of the
 meate. For moche abundance of dynk at meale,
 drowneeth the meate eaten, and not onely letteth
 conuenient concoction in the stomacke, but also
 causeth it to passe faster than nature requyrenth,
 and therfoze trigendyeth moche fleume, and con-
 sequently reumes, & crudenes in the vaynes, de-
 bellitie and clyppernesse of the stomake, contynue-
 all fluxe and manye other inconueniences to the
 bodye and membris.

But to returne to meales, I thinke breakfastes necessary in this realme, as wel for the causes before reherſed, as also forasmuche as choler being feruent in the stomake, sendeth vp fumosities vnto the brayn, & causeth hed ache, and somtyme becometh aduſte, and smouldreth in the stomake, wherby hapneth peryllous syknes, and somtyme ſodayne dethe, if the heate incloſed in the stomake haue not other conuenient matter to worke on: this dayely experiance proueth, and natural reſon conſirmeth. Therfore men and women not aged, hauynge their stomakes cleane without putrified matter, ſleppynge moderately and ſoundely in the nyght, and ſelynge theym ſelfe lyghte in the mornynge, and ſweete breathed, let theym on Goddes name breake theyr faſte: Coleryke men with groſſe meate, menne of other complexion with lyghter meate, forſene, that they labour ſomewhat before ſemblably theyr dyner and ſupper, as I haue before wrytten, ſo that they ſleape not incontinent after theyr meales. And here I will not recite the ſentences of authours, whyche had neuer experyence of englyſhe mens natures, or of the iuſte temperature of this realme of Englande, onely this counſelle of Hipocrates ſhall be ſufficient. We ought to graunt ſomewhat to tyme, to age, and to cuſtome: not withſtandynge where great wearyneſſe or dythe, greued the bodye, there ought the dyner to be the leſſe, and the lenger diſtance betwene dyner and ſupper. alſo moche reſte, except a lyttell ſofte walkynge, that by an vpryght mowynge, the meate beyng ſpyred, may deſcende. This is alwaye to be remembred, that where one ſeeth hym ſelfe full, and greued

G iii

with

Hipocra
aphor. 1.
lib. 1.
Gal. de tr
end. ſan

THE SECONDE

with his dyner or the sauoure of his meate by
 eragation ascēdeth, or that his stomake is weke
 by late sykenesse or moche study, than is it most
 conuenient, to abstepne from supper, and rather
 prouoke hym selfe to sleape moche, than to eate
 or drynke any thyng. Also to drynke betwene
 meales, is not laudable, except very great thyrste
 constraineth, for it interrupteth the offyce of the
 stomake in concoction, and causeth the meate to
 passe faster than it shulde do, and the drynke be-
 inge colde, it rebuketh naturall hete that is wor-
 kyng, and the meate remainyng rawe, it cor-
 rupteth dygestyon, and makyth crudenesse in the
 vaynes. wherfore he that is thyrsty, let hym con-
 sider the occasiō. If it be of salt fleume, let hym
 walke fayre and softly, and onely washe his
 mouth, and his throote with barley water, or
 small ale, or lye downe and sleape a lyttell, and
 so the thyrste wyll passe away, or at the leaste be
 well asswaged. If it happen by extreme heate of
 the ayre, or by pure choler, or eatyng of hot spy-
 ces, lette hym drynke a lyttelle iulep made with
 cleane water and sugar, or a lyttell smalle biere
 or ale, soo that he drynke not a greate glutte, but
 in a lyttell quantitie, let it styll downe softly into
 his stomake, as he sytteth, and than let hym not
 moue sodenly. If the thyrste be in the euenyng,
 by eatynge to moche, and drynkyng of wyne,
 than after the opinion of the beste lerned physy-
 cians, and as I my selfe haue often experienced,
 the best remedy is, yf there be no fever, to drynke
 a god draughte of colde water, immediatly, or
 if it be not ppyntfull for hym to vomyte, to
 prouoke

provoke hym thereto with a lyttell warme water,
and after to washe his mouth with vyner and
water, and so to sleape longe and soundly, yf he
can. And yf in the mornynge he fele any fumos-
ties rpyng, than to dypnke iulep of violetttes, or
for lacke therof, a good draughte of very smalls
ale or bierre somewhat warmed, without eatynge
any thyng after it.

☞ Of dyuersitie of meates eaten,
wherby helthe is appay-
red. Capit. 28.

NOWe let this be a generall rule, that con-
dy meates, beyng dyuers in substantia
and qualitie, eaten at oone meale, is the
greatestt enemy to helth, that may be, and that
whiche ingendyeth most syknesses, for some mea-
tes beyng grosse, and harde to dygest, some fyne
and easy to dygest, do require dyuers operations
of nature, and dyuers temperatures of the sto-
make, that is to say, moche heate and temperate
heate, whiche may not be togyther at one tyme.
Therefore whan the fyne meate is suffycientely
boyled in the stomake, the grosse meate is rawe,
so both iuyces, thone good and perfyte, the other
grosse and crude, at one tyme dygested, and sent
into the vaynes and bodye, nedes must helth de-
cay, and syknesses be ingendyed. Likewyse in
dyuers meates being dyuers qualities, as where
some are hotte and moyst, some colde and moyst,
some hotte and drye, some colde and dry, accor-
dyng therunto shall the iuyce be dyuers, wherby
they make in the bodye. And lyke as betwene the

sayd

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sayd qualities is contrarietie, so therby shall be in the body an vnequall temperature, for asmoch as it is not possible for man to esteeme soo iuste a proportion of the qualities of that, whiche he receyueth, that the one shall not excede the other in quantitie. wherfore of the sayd vnequall mixture, nedes must ensue corruption, & consequently syknesse. And therfore to a hole man, it were better, to fede at one meale competently on verye grosse meate only, so that it be swete, and his nature do not abhorre it, than on diuers fyne meates, of sondry substance and qualities. I haue knowen and sene olde men, and olde women, whiche eatyng only befe, bakon, chese, or curdes, haue continued in good helthe, whome I haue proued, that whan they haue eaten sondry fyne meates at one meale, haue sone after felte them selfe greued with frettinges and hed ache, and after that they haue ben hole agayne, there hath ben gyuen to theym one kynde of lyght meate, they haue done as well therwith, as they were wont to do with grosse meates, whan they ate it alone, whiche prouethe to be true that whiche I haue reherfed. And it is good reason, for after the generall opinion of philosophers and phisitions, the nature of mankynde is beste contented with thynges most symple and vumyxt, all thynges tendinge to vnitie, wherein is the only perfection. Also it is a generall rule of phisike, that where a sykness may be cured with symples, that is to say, with one only thyng, that is medicinal, there shulde the phisition gyue no compound medycyne myxt with manye thynges. These thynges considered, it maye seme to all men,

men, that haue reſon, what abuſe is here in this realme in the continuall gourmandiſe & dayely ſedyng on ſondry meates, at one meale, the ſpīrite of gluttony, triumphyng amonge vs in his gloriouſe chariot, callyd welfare, dypūng vs afore hym, as his prīſoners, into his dūgeon of ſurfet, where we are turmented with catarres, feuers, goutes, pleureſies, frettyng of the guttes, & many other ſyckneſſes, and ſynally cruelly put to death by them, oftentymes in youth, or in the moſte pleaſaunt tyme of our lyfe, whan we wold moſt gladly lyue. For the remedy wherof, howe many tymes haue there ben dūiſed ordynances and actes of counſayle, althoughe perchaunce bodily helthe was not the chiefe occaſion therof, but rather prouyſion agaynſte bayne and ſumptuous expenſes of the meane people.

For the nobyltye was exempted and had libertie to abyde ſtyll in the dongeon, yf they wolde, and to lyue laſſe whyle than other men: But whan, where, and howe longe were the ſayde good dēuſes put in deue execution, for all that thereof ſhulde ſuccede double profite, that is to ſay, helth of body, and increſe of ſubſtance, by eſchewyng of ſuperfluous expenſes in ſondry dēuſes: Alas howe longe wylle men fantaſye lawes and good ordynances and neuer determyne theym. Fantaſy procedeth of wytte, determination of wyſedome, wytte is in the dēuſyng and ſpeakyng, but wyſedome is in the perſormance, which reſteth only in execution. Here I had almoſt forgotten, that my purpoſe was to wyte of the order of diete, and not of lawes but the ſeruentaunt that I haue to the publyque weale of my

THE SECONDE

countrey, constrained me to digresse somewhat from my matter: but now we wyl I procede forth to wyte of order, whiche in takynge of meates and drynkes is not the leest part of dyete.

☞ Of order in receyuyng of meate and drynke. Cap. 29.

HErbes as well sodden, as vnsodden, also fruites, whiche doo mollyfy and louse the bealye, oughte to be eaten before any other meate, excepte that sommetyme for the repressynge of fumosyties, rysynge in the heed by moche drynkyng of wyne, rawe lettyse, or a colde appull, or the iuyce of oranges or lymons maye be taken after meales in a lyttell quantitie, & oze ouer all brothes, mylke, reere egges, and meates, whiche are pourposely taken to make the bealye soluble, wolde be fyrste eaten. All fruites and other meates, that are styptike or byndyng, wolde be eaten laste after all other. Fruitres confectiōnate specially with hony, ar not to be eaten with other meates. But here it is to be dyligentlye noted, that where the stomache is colerpyke and strong, grosse meates wolde be fyrst eaten, where the stomache is colde or weake, there wolde fyne meates be fyrste eaten: for in a hot stomache, fyne meates are bourned, whyle the grosse meate is digestynge. Contrary wise in a colde stomache, the lyttell heate is suffocate with grosse meate, & the fyne meate leste rawe, for lacke of concoction, where: if the fyne meate be fyrst taken moderately, it stireth by and comforteth naturall heate: and maketh it more able to concoct grosse meates, & they

they be eatē afterward : so that it be but in small quantitie. not withstanding, as I late affirmed, one maner of meate is moſte ſure to euery complexion. forſeene that it be alway moſt cōmonly in conſoꝛmitie of qualities, with the perſon that eateth. Moreouer take heede, that ſupper meates be not firſt eaten, leſt it drawe with it to haſtily other meates, oꝛ they be digeſted, noꝛ that ſtipſik oꝛ reſtraining meatis, be taken at the begynning as quynceſ, pearceſ, and medlarſ, leſſe they may let other meates, that they deſcende not into the bottom of the ſtomake, where they ſhulde be digeſted, not withſtāding the cōfection made with the iuyce of quynceſ, callid Tacitonites, taken two houres afore dyner, oꝛ ſupper, is commēded of Galene, and other, foꝛ reſtoꝛyng appetite, and making good concoction. Alſo cōcernyng drynke at meales, it wolde not be afore that ſomewhat were eten. And at the begynnyng the drynke wold be ſtrongeſt, & ſo toward the end moze ſmal, if it be ale oꝛ bere, & if it be wyne moze & moze alaide with water. And after the better opinion of phyſitions, the drynke wold rather be mixte with the meate by ſondry lytle draughtes, than with one great draught at the end of the meale, foꝛ the mixture tempereth well the meate without anoyance, a great draught with moch drynke, drowneth the meate, rebuketh natural hete, that thā worketh in concoction, & with his weight dryueth dōwne the meate to haſtily. Hot wines and ſwete, oꝛ cōfectioned with ſpices, oꝛ very ſtronge ale oꝛ bere are not convenient at meales, foꝛ the meate is by them rather corrupted thā digeſted, & they make hot and ſmoking vapours aſcende vp to the braines.

Drynke
meales

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nes. All be it if the stomake be very wyndy, or so colde and feble, that it canne not concorte suche a quantitie of meat, as is requyred to the sufficient nouryshment of the body of hym that eateth, or hath eaten rawe herbes or frutes, whereby he feleth some anoyance, than may he drynke last incontinent after his meale, a lyttell quantitie of seeke, or good aqua vite in small ale, but yf he haue moch choler in his stomacke or a heed ful of vapours, it were moche better, that he dydde neyther drynke the one, nor the other, but rather ate a lyttell colyander sede prepared, or a piece of a quynce rosted, or in marmelade, and after reste, to amende the lacke of nature with slepe, moderate exercyse, and playsters prouyded for comfortyng of the stomacke. And here wyll I leaue to wyte any moze of the dyete in eatyng, & drynkyng, sayyng that I wolde, that the reders shulde haue in remembraunce these two counsailes. First, that to an hole man, to precise a rule is not conuenient in diete, & that the dysleases, whiche do happen by to moche abstinence, are warse to be cured, than they whyche come by replecion.

. Cel. And as Cornelius Celsus sayth, A man that is
 cap. 1. hole and wel at ease, and is at his lybertie, ought
 ca. 2. not to bynde hym selfe to rules, or nede a physy-
 tion: but yet where the stomake is feble, as is of
 the moze parte of citisens, and well nigh all they
 that be studious in lernyng or weyghty affayres,
 therr ought to be moze circumspection, that the
 meate may be suche, as that eyther in qualitie or
 quantitie, nature beyng but feble, but not rebu-
 ked, or to moche oppressed.

The commoditie of moderate slepe, appeareth by this, that naturall heate, whiche is occupied about the matter, wherof proceedeth nourishment, is comforted in the places of digestion, and so digestion is made better, or more perfite by slepe, the body fatter, the mynde more quiete and clere, the humours temperate: and by moche watche all thynges happen contrarye. The moderation of sleape muste be measured by helthe and syckenesse, by age, by tyme, by emptynes or fulnesse of the bodye, and by naturall complexions. Fyyste to a hole man, hauynge no debilitie of nature, and digestynge perfectly the meate that he eateth, a lyttell sleape is sufficient: but to them, which haue weake stomakes, and do digeste slowly, it requyreth, that sleape be moche longer. Semblable temperance is required in youth and age, wynter and sommer. The bodye being full of yll humours, very lyttel sleape is sufficient, except the humours be crude or rawe, for than is sleape necessary, whiche digesteth them better than labour. Semblably where the body is longe empty, by longe sycknesse or abstinence, sleape comforteth nature, as well in the principall members, as in all the other. Also regarde muste be hadde to the complexion, for they that are hotte and do eate lyttell, and digeste quickly, a lyttell sleape serueth, specially to choleryke personnes, for in them moche sleape augmenteth heate, more than is necessary, wherby hotte fumes and inflammations are often ingendred, and sometyme the naturall choler is aduste or putrified, as experience

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once teacheth. Fleumaticke persones are naturally inclined to slepe: and because they ingender moche humours, they requyre more slepe than sanguine or cholericke. Persones hauinge naturall melancoly, not procedyngs of choler aduste, doo requyre very moche sleape, whiche in theym comforyeth the powers anymall, vitall, and naturall, which ye may fynd wyte in the tables pceding. Sleape wolde be taken not immediatly after meales, and before that the meate is dyscended from the mowthe of the stomacke. For therby is ingendred paynes and noyse in the bealy, and digestion corrupted, and the sleape by yll vapours, ascendyng, made vnquiete and troublous. More ouer immoderate sleape maketh the body apte vnto palseys, apoplexis, falling synnes, reumes, and impostumes. Also it maketh the wyttes dulle, and the bodye slowe and vnapt to honeste exercise. Semblablye immoderate watche dyeth to moche the body. and dothe debilitate the powers anymall, letteth digestion, and maketh the body apte to consumptions. Wherefore in these two thynges, as well as all other, a dyligent temperance is to be vled, the moderation is best coniected (for it is harde perfectly to knowe it) by the sensible lyghtnes of all the bodye, specially of the bryne, the browes, and the eyes, the passage downe of the meate from the stomake, the wylle to make vryne, and to go to the stoole. Contrary wyse, heuiness in the body and eyes, and sauoyr of the meate before eaten, signifieth that the sleape was not sufficient. They that are hote must slepe first on the right side, because the meate may approche to the liver, whiche is to the stomake, as

type

lye vnder the pottle, and by hym is dygested. To them, whiche haue feeble dygestion, it is good to slepe prostrate on theyr bealves, or to haue theyr bare hande on theyr stomakes. Lying vpright on the backe, is to be vtterly abhoyred.

The commoditie of exercyse, and the tyme whan it shulde be vsed. Cap.31.

Euery meuyng is not an exercyse, but onely that which is vehement, the end wherof, is alteration of the blyeth or wynde of a man. Of Exercyse do procede two commodyties, euacuation of excrementes, and also good habyte of the body. for exercise beinge a vehement motion, thereof nedes muste enswee hardenesse of the members, wherby labour shal the lesse greue, and the body be the moze stronge to labour. Also thereof cometh augmentation of heate, whereby happeneth the moze attraction of thynges to be dygested, alsoo moze quicke alteration, and better nourysheynge. Moreover, that all and syn-gular partes of the bodye, be therewith some-what humected. Whereby it happeneth, that thynges harde be mollifyed, moyste thynges are extenuate, and the poores of the bodye are moze opened. And by the vyolence of the breathe or wynde, the poores are clenfed, and the fylthe in the body naturally expelled. This thyng is so necessary to the preservation of heith, that without it, noo man may be longe without sychenes, whych is affirmed by Cornelius Celsus, sayenge, that sluggysheenes dulleth the bodye, la-bour dothe strengthe it, the fyrst byngeth the m-

Cor.
li.1.

com:

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commodities of age shortly, the last maketh a man longe tyme lusty. Not withstandynge in exercise oughte to be foure thynges diligently considered, that is to say, the tyme, the thynges pcedynge, the qualitie, and the quantitie of exercise.

First as concernynge the tyme convenient for exercise, that it be not whan there is in the stomake or bowels, great quantitie of meat not sufficiently digested, or of humours crude or rawe, lest therby peryll mought insue by conueyaunce of them into all the membres, before those metes or humours be concocted or boyled sufficiently.

de tu
sanl:

Galene sayth, that the tyme most convenient for exercise is, whan bothe the fyrste and seconde dygestyon is complete, as wel in the stomache, as in the vayne, and that the tyme appprocheth to eate ctesones. For yf ye doo exercise sooner or later, ye shall eyther fylle the body with crude humours, or elles augment yelow choler. The knowledge of this tyme is perceyued by the colour of the vryne, for that whyche resembleneth vnto clere water betokeneth, that the vrye, which cometh frome the stomache, is crude in the vayne: that whyche is well coloured, not to hygh or bale, betokeneth that the seconde dygestyon is now perfeite: where the colour is verie hygh or redde, hit sygnifyeth, that the concoction is more thanne sufficient.

Therefore whanne the vryne appereth in a temperate colour, not redde nor pale, but as it were gyte, thanne shoulde exercise haue his beginninge.

Of

Of fricasies or rubbynges preceedyng
exercise. Cap. 32.

As touchyng the thynges preceedyng exercise, so as moche as it is to be feared, lest by vehement exercise any of the extremities of the bealy or bladder, shulde hastily be receyued into the habyte of the bodye, by the violence of heate, handled by exercise, also lest some thyng, whiche is hole, be by heynesse of extremities, or violent motion, broken or pulled out of his place, or that the excrementes, by violence of the breathe, shulde stoppe the poores or cunbytes of the bodye, it shall be necessarye lyttell and lyttell, by chafyng the bodye, fyrste to mollifye the partes consolydate, and to extenuate or make thynne the humours, and to lowse and open the poores, and than shall ensue to hym that exercyseth, no perple of obstruction or rupture. And to byngge that to passe, it shall be expedient, after that the bodye is clesed, to rubbe the bodye with a course linnen clothe, fyrste softly and easely, and after to increase more and more, to a harde and swyfte rubbynge, vntyll the fleshe do swelle, and be somewhat gummy, and that not only downe ryght, but also ouerthwart and round. Some do vse fricasies in this foyme, in the morninge, after that they haue ben at the stole, with theyr quarte sleeves or bare hande, if theyr fleshe be tender, they do fyrste softly, and afterward faster, rubbe theyr breaste, and sydes downward, and ouerthwart, not touchyng their stomache or bealy, and after cause their ternaunt semblable to rubbe ouerthwart theyr shoulers, and backe.

Galenus
Paulus
Oribasius
Aetius,

THE SECONDE

begynnynge at their neckbone, and not touchynge
 the raynes of their backe, excepte they doo feele
 there moche colde and wynde, and afterwarde
 they legges fro the knees to the ancle: laste they
 strykes from the elbowe to the handewreste. And
 in this foyme of fricaspe I my selfe haue founden
 an excellent commoditie. Olde men, or they, why-
 che be very dye in theyr bodyes, yf they put to
 some swete oyles, as Yrinum, Nardiu, Chame-
 melinum, or other lyke, myrte with a lytell swete
 oyle of roses, I suppose they do well. I wyl not
 here speake of oyntementes vled in olde tyme as
 amonge the Romaynes and Grekes, in fricaspes
 or rubbynges. For I suppose, that they were
 neuer here vled. and in the sayde places, they be
 also leste, onelesse it be in palseyes, or apoplexies,
 or agaynst the rygour, whyche hapneth in feuers
 onely. I wyl remember the sayeng of Hipocra-
 tes, fricaspe hath power to lowse, to hynde, to
 increase fleshe, and to mynyshe it. For harde fric-
 asles doo hynde or consolydate, softe rubbynge
 dothe lowse or mollyfy, moche doth minyshe fleshe,
 meane rubbyng dothe augment or increase it. He
 that wyl knowe more abundantly hereof, let hym
 reade the booke of Galene of the p[re]seruation of
 helthe, called in latyne De tuenda sanitate, trans-
 lated mooste truly and eloquently, out of Greke
 into Latyne, by doctour Lynacre, late physition
 of mooste worthy memorie to our soueraygne
 lord kynge HENRY the. VIII.
 The same matter is wytten more bryefely of
 Paulus Aegineta, Oribasius, Aetius, and some
 other late wytters, but vnto Galene not to be
 compared.

The diuersities of exercises, Ca. 33.

The qualitie of exercyse, is the dyuersitie
therof, forasmuche as therein be many dif-
ferences in mounge, and also some exer-
cise moueth more one part of the body, some an-
other. In dyfference of mounge, some is slowe
or soft, some is swifte or fast, some is stronge
or violent, som be myxt with strength and swif-
tesse. Stronge or violent exercyses be these, be-
lyng (specially in tough clay and heuy) bearyng
or susteynyng of heuy burdeynes, clymmyng or
walkyng agaynst a steepe vpyght hyl, holdyng
a rope, & clymmyng vp thereby, hangyng by the
handes on any thyng aboue a mannes reache,
that his fecte touche not the grounde: standyng
and holdyng vpe, or spreadyng the armes,
with the handes faste closed, and abydyng soo
a longe tyme. Also to holde the armes stedfaste,
causyng an other man, to assaye, to pulle them
out, and not withstandyng he kepeth his arme
stedfast, inforcyng therevnto the synowes and
muscles. Wrestlyng also with the armes and
legges, yf the persones be equall in strength, it
dothe exercyse the one and the other: yf the one
be stronger, than is it to the weaker a more vxo-
lent exercise. All these kyndes of exercises, and o-
ther lyke them, doo augment strengthe, and there-
fore they serue onely for yonge menne, whyche be
inclyned, or be apte to the warres. Swifte exer-
cise withoute violence is, rounnyng, playeng
with weapons, tenyse, or throwyng of the
halle, trottyng a space of grounde forwarde and
backewarde, goyng on the toes, and holdyng

THE SECONDE

Dppe the handes. Also styrynge vp and dowe
 his armes, without plummettes. Vehement ex-
 ercys is compoude of vpolente exercys, and
 swifte, whan they are ioyned together at oone
 tyme, as daunsynge of galyardes, throwynge of
 the ball, and rounnyng after it: footeballe play
 may be in the number thereof, throwynge of the
 longe darte, and contynewynge it many tymes,
 rounnyng in harneys, and other lyke. The mo-
 derate exercys is longe walkynge or goynge a
 tourneye. The partes of the bodie haue sondrye
 exercyses appropried vnto theym, as rounnyng
 and goynge is the mooste proper for the legges.
 Throwynge of the armes vp and dowe, of stret-
 chynge theym oute, and playenge with wea-
 pons, serueth mooste for the armes and shoul-
 ders, stowpyng and rplyng oftentyme, or lye-
 synge greate weyghtes, takynge vp plummettes
 or other lyke payles on the endes of staues, and
 in lyke wyse, lyesynge vp in euerye hande a speare
 or moysespeke by the endes, speciallye crosseynge
 the handes, and to laye theym dowe agayne in
 theyr places, these do exercyse the backe and loy-
 nes. Of the buske and lounches the propre exer-
 cys is meynge of the breathe in syngeynge or
 cryenge. The entayles, whiche be vndernethe
 the myddesse, be exercysed by blowynge, eyther
 by constraynte, or playenge on Shaulmes, or
 Hackbottes, or other lyke instrumentes, whi-
 che doo requyre moche wynde. The Mus-
 cles are beste exercysed with holdynge the breathe
 in, a longe tyme, soo that he, whiche dothe ex-
 ercys, hath welldyggested his meate, and is
 not troubled with moche wynde in his bodie.

Fynally

Finally lowde reaydng, counterfayte battayn,
 tynple, oꝝ throwynge the halle, rounnyng, wal-
 kyng, adde to hotyng, whiche in myne opinion
 excede all the other, do exercise the bodye commo-
 dously. Alwaye remember, that the ende of hy-
 gent exercise is difficultie in fetchyng of the
 brythe. Of moderate exercise, alteration of bryth-
 onely, oꝝ the begynnynge of sweatte. More suet
 in wynter, runnyng, and wasslyng, is com-
 ment. In sommer wasslyng a lyttelle, but not
 runnyng. In very cold wether, moch walkyng,
 in hotte wether, reste is more expediente. They
 whiche seme to haue moyste bodies, and lyue in
 ydelnesse, they haue nede of byalent exercise.

They whiche are leane and cholerycke, muste
 walke softly, and exercise theym selves verry
 temperatelye. The plummettes, callyd of Ga-
 len. Alters, whiche are now moche vled with
 greatte menne, beyng of equalle weyghte, and
 accordyng to the strengthe of hym, that exercy-
 seth, are verry good to be vled fastyng, a lyttell

before breakefaste oꝝ dyner, holdyng in eue-

rye hande one plummette, and lyftynge

theym on hyghe, and byngynge

theym downe with moche

byolence, & so he may

make the exer-

cise byo-

lent, oꝝ

moderate, after the poyle of the plun-

mettes, heuier oꝝ lighter, & with

moche oꝝ lyttelle labou-

ryng with them.



THE SECONDE

Of Gestation, that is to say, where one is
carried, and is of an other thyng mes-
ured, and not of him self. Ca. 34.

anl. Egl.
ctius,

There is also an other kynde of exercyse,
whiche is called Gestation, and is myxt
with mouynge and reste. Forasmuche as
the body, syttinge or lyeng, serueth to reste, and
not withstandynge it is moued by that, whiche
braryneth it, as lyenge in a bedde, hangynge by
cords or chaynes, or in a cradelle, syttinge in a
chaire, whiche is carryed on mens shulders with
haues, as was the vse of the auncient Romans
or syttinge in a boote or barge, which is rowyd,
or bynge on a horse, whiche ambleth very easely
by, wth gothe a very softe pace. The bedde, cradel,
and chaire carryed, serueth for theyn that are in
longe and contynuall sykenesse, or be lately reco-
uered of a fouer. Also theym, whiche haue the
frenesye or letarge, or haue a lyghte tertiane fe-
uer, or a cotidian. This exercyse swetely allwa-
geth troubles of the mynd, and prouoketh slepe,
as it appereth in chylderne, whiche are rocked.
Also it is conuenient for them, whiche haue the
palsey, the stoone, or the gowte. Gestation in a
charyotte or wagon hathe in it a shakynge of the
body, but some vehement, and some moys softe,
the softe serueth in dysceases of the heed, and
where any matter rounneth downe into the sto-
make and entrayles. But the vehement shakynge
is to be vsed in the grefes of the breste and sto-
marke. Also in swelling of the bodye and legges
in dropyses, palseys, mygraines, and scotomes,
whiche is an ymagination of darkenesse, beyng
retour:

retourned; at the ende of his iourney, he muste
 sytte vp, and be easly moued. I haue known
 sayth Aetius, many persones in suche wyse cus-
 red without any other helpe. Nauigation of ro-
 wyng ngyh to the lande, in a calme water, is ex-
 pedyent for them that haue dropspes, lepyres, pals-
 seyres, callyd of the bulgar people, takynges, and
 franseyes. To be caried on a rough water, it is a
 dyolent exercyse, & induceth sondy affections of
 the mynde, sometyme feare, sometyme hope, now
 toward harte, now hardynesse, one whyle pleas-
 sure, an nother whyle dyspleasure. These exer-
 cyses, yf they be wel tempered, they may put out
 of the body, all longe duryng sykenesses. For
 that wyche is myrte with reste and meynge,
 yf any thyng elles maye, it mooste excellently
 causeth the bodye to be wel nourysed. Celsus
 dothe prohibyte Gestation, where the bodye
 feleth payne, and in the begynnyng of feuers,
 but whan they reasse, he alloweth it.

Celsus.

Exercyse moderately and without greffe, it doth
 corroborate the spirite and bodye aboue other exer-
 cyses, specially the stomake, it clenseth the sen-
 ses, and maketh theym more guyde: It be it

to the breast, it is very noyful. It ought to

be remembred, that as well this as all

other kyndes of exercyse wolde be

vsed in a hole countrey, & where

the ayer is pure and vnco-

rupted. Forseme, that

he that woll exercise

do go first to the

stole, for the

causes rehearsed in the last chapter.

H u u

Or

THE SECONDE
Of vociferation, Cap. 35.

The chiefe exercyse of the breste and instru-
mentes of the voyce, is vociferation, whi-
che is syngyng, redyng, or crienge, wherof
is the proprietie, that it pourgeth naturall heate,
and maketh it also subrylle and stable, and ma-
keth the membyres of the bodye substantypall and
stronge, resystyng dysseases. This exercyse wolde
be vlsed, of persones shorte wynded, and theym,
whiche can not fetch theyr breath, but holdyng
theyr necke streight vpryght. Also of them, whose
fleshe is consumed, specyallye aboute the breste
and shoulders. Also whiche haue had apostumes
broken in theyr brestes: moreouer of them that
are hoorse by the moche moysture. and to them,
whiche haue quartayne feuers, it is conuenient,
it looseth the humour, that stycketh in the breste,
and dyeth by the moystnesse of the stomache,
whiche properly the course of the quartayne is
wont to byng with hym, it also profyteth them
whiche haue feble stomakes, or doo homyte con-
tinually, or doo breake by sowynesse oute of the
stomache. It is good also for greifes of the heed.
He that intendeth to attempte this exercyse, af-
ter that he hath ben at the scoole, and softly rub-
bed the lower partes, and washed his handes.
Lette hym speake with as bafe a voyce as he
can, and walkyng, begynne to syng lowder and
lowder, but styll in a bafe voyce, and to take no
hede of swete tunes or armory. For that nothing
dothe profyte vnto helthe of the bodye, but to in-
force hym selfe to syng greatte, for thereby mo-
che ayre drawn in by fetchyng of breathe, thus
steth

steth forthe the breste and stomacke, and openeth and enlargeth the poores. By highe crienge and lowde readyng, are expelled superfluouse humours. Therfore menne and women, hauyng theyr bodyes feeble, and theyr fleshe loose, and not fyne, muste reade oftentymes lowde, and in a baale voyce, extendynge oute the wynde pyype, and other passages of the breate.

But not withstandynge, this exercyse is not vsed alway, and of all persones. For they, in whome is abundance of humours corrupted, or be moche diseased with crudite in the stomake and vayne, those do I counsaile to absteyn from the exercyse of the voyce, lest moche corrupted iuyce or vapours, may thereby be into all the body distributed. And here

I conclude to speake of exercise, which of them that desyre to remayne longe in healthe, is mooste dylygently, and as I mought say, most scrupulously to be obserued.

The

THE THYRDE THE THYRDE BOKE.

Of Repletion, Cap. primo.



REPLETION IS
a superfluous abundance
of humours in the bodie:
and that is in twy manner of
wyse, that is to say, in quan-
titie, and in qualittie. In qua-
titie, as where all the foure
humours are more in abun-
dauce, than be equalle in
proportion to the bodie, that conteyneth theym,
or where oone humour moche exceedeth the rema-
nant in quantittie. In qualittie, as where the
bloudde, or other humour, is hotter, or colder,
thicker or thynner, than is conuenient vnto the
body. fyrste where all the humours, beyng su-
perfludusely increased, fylleth and extendeth the
receptories of the body, as the stomake, the vey-
nes, and bowels, and is mooste properly callyd ful-
nesse, in greke Plethora, in latyne Plenitudo.
The other is, where the bodie is infarced, eyther
with choler, yelowe or blacke, or with fleume, or
with watery humours, and is properly callyd in
greke, Cacochymia, in latyn Vtiosus succus, in
englyshe it may be called corrupt iuyce. I wyl not
here write, the subtyll and abundant definitions
and descriptions of Galen in his booke de Ple-
nitudine, and in his commentaries vpon the A-
pho-
pho-

phorismes of Hippocrates. For it shall here suffice, to shewe the operations of repletion good of yll, remyttynge them, whiche be curyous, and desyre a more ample declaration, to the moste excellent workes of Galene, where he may be satisfied, yf he be not determyned to repoune agaynst reason. Hippocrates saythe, where meate is receyued moche aboue nature, that makethe sykenesse. Galene declarynge that place saythe, More meate than accordeth with natures measure, is named repletion. And afterwarde he expoundeth that worde aboue nature, to sygnifye so much and superfluously, as who sayth, where the meate is superfluously taken, it maketh sykenesse. For meate but a lyttell exceedynge temperance, may not forthewith make sykenesse, but maye yet keepe the bodye within the latitude of boundes of helthe, for the meate that shall make sykenes, muste not a lyttell excede the exquisite measure. The incommodytie, whyche hapneth therby is, that moistenesse is to moche extended, and naturall heate is debyltate. Alsoo naturall heate resoluech somewhat of the superfluous meate and drynke. And of that, whych is resolved of meate vndyggested, procedeth fumositye and vndyggested, whyche ascendynge by the heed, and towchynge the ryne, wherin the ryne is wrapped, causeth heed ache, tremblinge of the membres, dyskynes of the sight, and many other sykenesses, also by the sharpenynge thereof, it pycketh and annoyeth the synewes, whiche make sensibillitie, the rootes of whome are in the hyarn, and from thens passeth through all the bodye, finally, the sayde fumositye ingendred

Li. 2. 31

Apho.
Vbi cib
præter
turam
ingestus
hic mor
facit.
Galen.
cômẽ.
prædic

THE THYRDE

diet of repletion, percyng the innermoste parte
 of the layde synewes, called sensible, it greuously
 annoyeth the power animal, there consistyng,
 by the occasyon wherof, vnderstandyng and rea-
 son, as to the vse of theym, are let and troubled.
 And also the Tongue, whiche is reasons expoly-
 tour, is depriued of his offyce, as it appereth in
 them, whiche are drunke, and them, whiche haue
 greuous paynes in their heed, procedyng of re-
 pletion. Wygnes of repletion be these, losse of
 appetite, delyte in nothyng, slouthfulnesse, dul-
 nesse of the wytte and senses, more sleape than
 was accustomed to be, crampes in the body, ster-
 tyng or saltion of the membres, fulnesse of the
 vayne, and thychenesse of the pulses, horroure of
 shrouclinge of the bodye mytte with heate. The
 remedies are abstynence, and all euacuacions,
 whereof I wylle make mencyon in the nexte
 Chappter.

Ibasius
 oriston
 1.

Of Euacuation. Cap. 2.

The meates and drynkes receyued into the
 bodye, yf the stomake and lyuer do their
 naturall offyce, be altered by concoction
 and digestyon, in suche wyse that the best
 therof, goeth in the nouryshment of the bodye,
 the warste, beyng separate by the mem-
 bers, from the residue, are made excrementes
 in sondry fourmes, and substances, whiche are
 lyke in qualyte to the naturall humour, whiche
 theyr ofspringeth moste in the bodye. These excre-
 mentes be none other, but matter superfluous,
 and vnsuery, whiche by naturall powers may

remens

not be conuerted into fleshe, but remaynynge in
 the body, corrupt the membyes, and therfore na-
 ture abhorrnge them, despyeth to haue theym ex-
 pellyd. These excrementes be thre in nombie, **Oydure**
 oydure, vryne, humour superfluous. Moreover,
 there be two sortes of oydure, that is to saye, one
 dygested, whiche passeth by syege, the other vn- **Dygest**
 dygested, whiche is expellyd by vomyte. where I
 saye dygested, I meane, that it is passed the sto-
 make, and tourned into an nother fygure. Lyke
 wyse I call that vndygested, whycher styll retay-
 neth the fygure of meate. Vryne is the watrye **Vryne**
 substance of the bloudde, lyke as whaye is of
 mylke, whycher out of the meate that is altered
 and concocte or boyled in the stomake, is stray-
 ned in the vaynes called Mesaraica, whiche pro-
 ceedeth from the holowe parte of the lyuer, and
 sente by the raynes into the bladder, passeth by
 the Instrumente, the whycher is ordeyned as
 wel to that pourpose, as for Generation.
 Humour superfluous is in thre sortes, eyther **Humour**
 myxte with any of the foure humours, called na- **perfluous**
 turall, or els it is gatheryd into the brayne, or it
 is betwene the skynne and the fleshe, or lyeth a-
 monge the synewes, Muscles, or ioyntes. Of
 humours some are moze grosse and colde, some
 are subtyll and hotte, and are callyd vapours.
 Nowe for to expell the sayd excrementis, are. sc.
 sondry kyndes of euacuation, that is to saye, ab-
 stynerce, vomyte, purgation by siege, lettynge of
 bloudde, scaryspenge callyd cuppyng, sweatyng,
 prouocation of vrine, spyttyng, bledynge at the
 nose, or by hemorroides. And in women, these na-
 turall purgations. Of these euacuacions I will
 bryefely

THE THYRDE

briefly declare, with the commodities, which by
the discrete vse of them do happen vnto the body,

Of Abstinence. Capit. 3.

Abstinence is a forbearynge to receyue as
nye meate or drynke. For yf it be but in
parte, it is than called rather temperance
than abstinence. It ought to be vled onely after
repletion, as the proper remedye therfore. And
than yf it be moderate, it consumeth superflui-
ties, and in consumynge theym, it claryfieth the
humours, maketh the body fayre coloured, and
not onely kepeth oute sycknesse, but also where
sycknesse is entred, nothyng more helpeth, yf it
be vled in season. To theym, whyche haue very
moyste bodies, hunger is ryghte expedient, for
it maketh theym more drye, not withstandynge
there oughte to be consyderations, in the meate
before eaten, in the age of the personne, in the
tyme of the yere, and in custome. Firste in the
meate before eaten, yf it be moche in excelle or
very grosse, or not moche extedynge, or lyghte of
digestyon, and accordynge therto, wolde absty-
nence more or lasse be proportioned. Concernynge
age, Hipocrates saythe, olde men maye susteyne
fastynge easly: nexte vnto theym, men of myd-
dell age, yonge men maye wars beare it, chyl-
derne warst of all, specialllye they that be lustye,
not withstandynge here Galene correcteth Hipo-
crates, sayenge, that he shulde haue excepted men
very olde, who, as Experience declareth, muste
eate often and lyttelle. As towchynge tyme, it
muste be remembred, that in wynter and sprynge
tyme,

f. Cel.

ocrat.

b.li.7.

sydera
s in ab
stence.

ho.li.i.

len.in
nment.

tyme, the stomackes be naturallye herpe hottē,
 and sleape is longe, and therefore in that tyme
 meates wolde be moze abundant, and although
 moche be eaten, it wyl be soner dygested. Wher-
 fore abstynence wolde not be than soo moche as
 in sommer, all be it to absteyne moche in wint-
 er, excepte it be after repletion, Damascene
 saythe, it dryeth the bodye, it maketh the colour
 palowe, it engendyeth melancoly, and hurteth the
 syght. Moze ouer, custome maye not be forgot-
 ten, for they whiche are vled from chyldhoode,
 to eate sondry meales in the daye, wolde rather
 be reduced to fewer meales, and lyttelle meate,
 than to be compelled. to absteyne vtterly, to the
 intent, that nature, whiche is made by custome,
 be not rebuked, and the power dygestiue thereby
 debilitate. And note well, that by to moche ab-
 stynēce, the moisture of the bodye is withdrawen:
 and consequently the bodye dryeth, and waxeth
 leane, naturall heate, by withdrawyng of mois-
 sure, is to moche incended, and not syndyng hu-
 mour to warke in, tourneth his vyolence to the
 radycall or substancyall moisture of the bodye.
 and exhaustynge that humour, byngeth the bodye
 into a consumption. wherfore Hypocrates sayth,
 that to scarfe and exquelyte an order in meate
 and drynke, is for the moze parte moze
 dangerous than that, which is moze
 abundant. Contrarywise mode-
 ration in abstynēce, according
 to the sayd considerations,
 is to healte a suer
 bulwarke.

Dama-
nus apmore
ap

Apho. 11

THE THYRDE
Of Vompte. Cap. 4.

The meate or drynke superfluous, or corrupted in the stomake, is beste expelled by vompte, if it be not very greuous to him whych is dysleasid. Alsoo the moderate vse of it, pourgeth fleume, lyghteth the heade, causeth that the excesse of meates or drynke, shall not anoye or bynge sykenesse. Moreover it amendeth the affectes of the raynes, bladder, and the fundement. It also helpeth agaynste leppes, cankers, goutes, dropseyes, and also diuers syknesses procedyng of the stomake. For yf any greife happeneth of the heade, vompte is than vncommodious. It is better in wynter, than in sommer Also good for them, whych are replete, or bette cholericke, yf they haue not welle dygested. but it is yll for them, that be leane, or haue weake stomakes. And therfoze where one feleth bytter vapours rysynge out of his stomache, with greife and weyghynesse, in the ouer partes of his bodye, lette hym runne forthewith to this remedye. It is also good for hym that is harte burned, and hath moche spyttelle, or his stomache wambleth, and for hym that remoueth into sondrye places. Yet A counsaile sayth Celsus, hym that wyll be in helthe, and wolde not be to soone aged, that he vse not this dayly. And I my selfe haue knowen men, whych dayly vsenge it haue brought thereby thei stomakes into suche custome, that what so euer they dydde eate, they coulde not longe retayne it, whereby they shorten thei lyues. Wherfoze it wolde not be vsed, but onely where greate surfet, or abundaunce of fleume doo requyre it.

¶

He that wylle vompte after meate, lette hym
 dypnke sundry dypnkes myxte togyther, and lasse
 of all, warme water: oꝝ yf that be to easye, lette
 hym myxte therewith salte oꝝ hony. If he wyl vos
 myte fastyng, lette hym dypnke water and hony
 sodden togyther, oꝝ flope with it, oꝝ eate of a
 radyl the roote, and dypnke warme water hypon
 it. also water wherin radyl the is boyled, and af-
 terward prouoke hym selfe to it. Them that wyl
 haue moze vyolente pourgations, I remytte to
 physitions lerned. But yet I do exhortes warne
 them, that therein they be cyrcumspecte, and doo
 not moche vse it. Whoeuer in vomptes, the mat-
 ter broughte forth, wolde be consydered, accor-
 dyng to the rules of Hipocrates, in his seconde
 booke of pronostications, that is to saye, yf it be
 myxt with fleume & choler, it is mozte profytable,
 if it be not in very great quantitie, noꝝ thyrke, the
 lasse myxture it hathe, the warse is it. If it be
 greene, lyke to leeche blaades, thynne oꝝ blacke,
 it is to be iudged ylle. If it haue all colours, it
 is extreme peryllous. If it be leady coloured, and
 satoureth horrybly, yt signyfeth a shorte abo-
 lytion, oꝝ dissolution of nature. For as Galene
 asseyrneth there in his comment, suche maner of
 vompte declareth corruption with extynctyng of
 nature. Also euerye putryfied and synkhyng sa-
 uoure in vompte is ylle. These thynges be
 righte necessarye to be looked foze, where
 one dothe vompte without any dis-
 scrytutie: but to inforce one to vo-
 myte, whiche can not, is ve-
 ry odorous, and to be
 abhoyred.

Hipocrati
 presag. 2
 cap. 7.

Galen. de
 locis affe-
 ctis. lib. 1

THE THYRDE
Of purgations by siege. Cap. 5.

lib. 1.
11. 3.

If the heed be heuue, or the epen dynme, or yf there be peyne felte of the colyke, or in the lower part of the bealy, or in the hyppes, or som choleryke matter or flemme in the stomake. Also if the breathe be hardely fetched, yf the bely of hym selfe sendeth forth the nothyng, or yf being costue, one feleth yll sauor or bytternesse in his mouth, or that whych he maketh, hath an horryble sauour, or yf abstinence do not, at the fyrste put away the feuer, or yf the strength of the body may not susteyne lettynge of bloudde, or elles the tyme therfore comenient is past, or yf one haue dyonk mothe before his sykenesse, or yf he whych of centymes vnconstrayned, hath hadde great syges, be sodaynly stopped: In all these cases, and where it is peynesfull to vompte, and in gnawynge or frettynges of the stomake, fynally in all replecions, where a man can not or wyll not be lette bloudde or vompte, it is expediente to prouoke spege by pourgations, whych are receyued by two wayes: Upwarde at the foundemente by suppolytoyes or clysters. Downwarde at the mouth, by potions, electuaries, or pylls.

Suppolytoyes are vsed, where the paruent is weake, and may not receyue any other pourgations. sometyme for as moche as the strait gutte is stopped with excrementes, whych are drye and harde, sometyme where there nedeth none other purgation, specially in bournynge feuers, wherof the matter ascendeth into the heed, than clysters maye doo harme, and by the benefyte of suppolytoyes, excrementes are broughte forth with

withoute any annoyauce. And oftentymes it
byngeth forth that, whyche clysters may not.

Supposytories are made sometyme with honye
only, sodden, rolled on a bourde, & made rounde
smaller at the one ende, than at the other, and of
the lengthe and greattenesse, accordynge to the
quantitie of the body that taketh it. Sometyme
there is myxte with the hony salte dyed, or salte
peter, or the powder of suche thynges, as do e-
ther purge the humour, whiche offendeth or dys-
solueth grosse wyndes, or other matter: they be
sommetyme made with roscyne, pyche, waxe, or
gummies, sommetyme of rootes, or the leaues of
Mercury grene, verpe smalle bypsted. Also with
fygges or raysons, the stoones taken oute, or of
whyte sope, made in the fygure aforesayde, and
beynge made in the fourme aforesayd, they must
be putte vpye in at the foundement, to the greates
ende, and the pacyente muste keepe it there the
space of halfe an houre, or more.

Clysters are made of lycoure sometyme simple,
as water sodden, mylke, oyle, or wyne. Sometyme
myxte, as water and oyle togyther, or decocti-
ons, as where herbes, rootes, frutes, seedes, or
gūmes, haueinge propriete to make softe, dissolue
drawe forth, or expelle matter that greueth, be
boyled, and the lycour therof, sometyme warme,
sometyme hotte, is receyued at the foundement in
to the bodye by a lytell pype of golde, or syluer,
wyre, or wodde, therefore ordeyned and called
a clyster pype. This is necessarye, where the sto-
mache is weake, and maye not susteyne the way-
teinge of medicynes receyued at the mouth, also
in fevers, colikes, and other dysceases in the bo-
wels.

THE THYRDE

wels, griefe in the raynes of the backe of huckle bone, ventosities in the bealy, inflammation or exulceration in the guttes or bladder. It is a conuenient and sure medicyne, and leste hurte pothe ensue of it. The makinge and ordynge therof, I wyl omitte to wyte in this place, partly that I wolde not, that physitions shuld to moch note in me presumption, partely that an nother place may be moze apte to that purpose.

☞ The particular commodities of euery purgation. Cap. 6.

If potions, electuaries, and pylls oughte to be moche moze obseruation, than in clysters or supposytories, forasmoch as these doo enter no further than into the gutte, where the ordure lyeth, and by that place onely, byngeth forth the matter, whiche causeth dysease. But the other entrynge in that waye, that meates and drynkes do, commeth into the stomacke, and there is boyled, and sente into the places of dygestion, and afterwarde is myxte with the iuyce, wherof the substance of the bodye is made, and expellynge the aduersarpe humoures, somewhat thereof doubtlesse remayneth in the bodye. Wherefore menne haue neede to beware, what medycynes they receyue, that in theym be noo venenosytie, malyce, or corruption, lest for the expellynge of a superfluous humoz, which perchance good diete, or some brothes made of good herbes, or the last euacuation, with supposytory, or clyster, mought byynge forth at leysure. By despyrnyng of to haue the remedye, they receyue in medycine, that whi

the shall ingender a venemous humour, and by
 easytable destruction into all the body. And there-
 fore happy is he, whiche in syckenesse syndeeth a
 discrete and welle lerned physition, and too
 trewe a potycarye, that hathe alwaye disowges
 vncorrupted, and whome the physition maye
 surely truste, to dyspence his thynges truly.
 But nowe to retourne to the sayde fourme of
 pouigation, I wylle nowe sette forth the somme
 counsailes, concernynge that mattier, whyche
 I haue collected oute of the chiefe authours of
 physycke. Bodys hotte and moyste, may easy-
 ly susteyne pouigation by the stoole. They whi-
 che be leane or thynne, haunge the members
 tender, may take harne by purgations. To men
 that are choleryke, and theym that eate lyttelle,
 pougations are greuous. In yonge chylderne
 and olde menne, it is daungerous to losse mo-
 che the bealpe. To theym that are not wont to
 it, pouigation is noysfull. He that lyueth in a
 good order of dyete nedeth neyther pouigation
 nor vomyte. After that the pouigation hath
 wroughte, thyrstynes and sounde slepe be sygnes
 that the bodye is sufficiently purged. By day-
 ly takynge of medycynes, Nature is corrupted.
 When ye wyll purge any thyng, make fyrste the
 matter flowynge and soluble. Medicine to purge
 oughte not to be myngled with meate, but to be
 taken foure houres at the leste before meales, or
 thre houres after meales, excepte certayne calde
 pylles made to cleanse and comforte the stomacke,
 whyche wolde be taken after the begynnynge of
 supper, or after supper a lyttell before that com-
 ythe to bedde, makynge a lyght supper or none.

Hipo. 2pl

THE THYRDE

After purgation taken, the pacient shulde rest,
and not walk, vntyl the medicine hath wrought,
nor eat or drynke in the meane space. These
thynges haue I remembred, bycause I haue
knownen ryghte good physitions, to haue forgot-
ten, to instruct therof their pacientes. Now wyl
I sette forth the table of suche thynges, whiche
of theyr propertye doo dygeste or pouрге super-
fluous humours particularly, whiche I haue ga-
thered out of the bookes of Dioscorides, Ga-
lene, Paulus Aegineta, Oribasius, and Aetius,
and other late wyters, not withstandynge, I
haue not wytten all, forasmuche as there be dy-
uers thynges, wherunto we haue not yet foun-
den any names in englyshe.

**Dygestyues of
choler.**

Endyue.

Lettyse.

Cyphoe.

Scabiose.

Maydenheare.

Malowes.

Mercury.

The iuyce of pome-

granades.

Parselam.

Popp.

Barberpes.

Roles.

Quilrites the leafe and

flowre.

Bozell.

Lynerwozte.

Bozell de boyse.

Whay clarified.

The greate foure colde

sedes, that is to say, of

gourdes, cucumbers,

melones, and citruls.

Psilium.

Alpener.

Saunders.

Barley water.

Punes.

Tamaryndes.

**Pourgers of
choler.**

Wylde hoppes.

Moyme

Wormewode.

Centory.

Funnytory.

Whay of butter.

Urolettis.

Mercury.

Juyce of Roses.

Pines.

Eupatory.

Tamarindes, halfe an ounce in a decoction.

Manna, vi. drammes at the leaste, and so to xxx. in the brothe of a henne or capon.

Rheubarbarū by it selfe frome two drammes, vnto foure, infused or stiped in lycour, frome iiii. drāmes vnto. viii.

¶ Digestyues of
fleume.

¶ Fenelle.

Bersely, the rootes,

Smallage.

Lapers.

Lawzell.

Synuy.

Puly.

Maioram.

Penpropall.

Wylde parsnypp sede.

Mynt.

Pympernell.

Horemynt.

Gladen.

Agrymony.

Calampnt.

Rep.

Betaync.

Gauge.

Kadythe.

Mugworste.

Junyper.

Hylope.

Pyony.

Baulme.

Honye.

Cynger.

Squilla.

Aristolochia.

Cynamome.

Pepper.

Lumyne.

¶ Pourgers of
fleume.

¶ Centory.

Acttyll.

Agrymony.

Alder.

Polypodii of the oke.

Myriabolam kebule.

infused frome halfe

an ounce to an ounce,

¶ I iiii

and

THE THYRDE

and two drammes. In
substaunce, from two
drammes, to halfe an
ounce.

Agaricus, fro a drāme
to two drammes, in-
fused from. ii. drāmes
to fyue.

Yreos.

Maydenheare.

Sticados.

Courgers of
melancoly.

The brothe of cole-
wortes, lyght boyled.
Baulme mynte.

Melancolye for the thynesse and subtynesse
of the humour, needeth no dygestyue.

They whiche wyll take sharper purgations,
or compounde with dyuers thynges, lette theym
take the counsaile of an honest and perfyte phy-
sition, and not aduenture to myste thynges to-
gyther, withoute knowynge the temperaunce of
theym in degrees, and that he canne proporcyon
theym to the bodie, that shall receyue theym in
symples, as they be wytten. And so he may vse
theym without perylle, agaynste the humoures,
wherunto they serue.

Sticados.

Cyme.

Deene, boyled in white
wyne, or in the brothe
of a henne.

Lased sauerp.

Erthumus.

Unwrought sylke.

Organum.

Calampyt.

Bozage.

Hartis tunge.

Duyckbeme.

Maydenheare.

Mythwynde.

Dulvall mountayne.

Bony.

Sugar.

Lettyngs

¶ Lettynge of bloudde. Cap. 6.

The parte of Euacuatyon by lettynge of bloudde, is inclypon oꝝ cuttynge of the hayne, wherby the blood, whych is cause of syckenesse oꝝ grieve to the hole bodye, oꝝ any partycular parte therof, dothe moste aptly passe. The commodities wherof, beyng in a moderate quantitie, and in a due tyme taken, be these that folowe, it clarifieth the wytte, and maketh good memoꝛy, it clensethe the bladder, it dryeth the hayne, it warmeth the marowe, beyng in the bones, it openeth the hearyng, it stoppeth teares oꝝ droppynge of the eyen, it taketh away lothsomnesse, and confyrmeth the stomake, it nouryssheth that, whych is proper to nature, and the contrary expelleth. It is thought, that therby lyfe is prolonged, and the mattier makynge syckenesse shortly consumed. Wherfore lettynge of bloudde is not only expedyent foꝝ theym, whych are fulle of bloudde, oꝝ haue aboundaunce of strengthe, but alsoo foꝝ theym, in whome, without plenytude, callyd fulnesse, inflammations begynne to be in theyr bodyes, oꝝ by some outward stroke, the bloudde beyng gathered within, by collection thereof, doo feele grefe oꝝ dysease. Also where there is moshe payne felte, oꝝ debylitie of some member, wherof is supposed to be ingendred some greuous dysease. Moreouer they, whych vse excelle of meates and drynkes, maye be cured by lettynge of bloudde. But those, whych be temperate, keepynge good dyete, be holpen without lettynge of blode: as by fricasies, vsynge of bathes, exteryle, walkynge,

Oribasius
in medi-
ne com-
dio.

THE THYRDE

and rydyngge moderatellye. Alsoo vntions with
 oyles and oyntementes, called Diaphoretica,
 whych by euapozation, do shortly euacuate the
 fulnesse. All be it, yf the fulnesse be of melancoly
 bloudde, than alway nedes muste be lettynge of
 bloudde. Aboundaunce of melancoly bloudde is
 knowen by these sygnes. There is felte in the en-
 trayles, or within the boulke of a manne or wo-
 man, a weyghtynes with tensyon or thurstynge
 outwarde. and all that parte, whych is aboute
 the nauell, is more heuy than it was wonte to be.
 Also moche bryne and fatty, the resydence or bo-
 some, thicke, troublous, and fatte, sommetyme
 blacke poulches or boyles, with inflammation and
 moch payne. These must be shortly lette bloudde,
 and the melancoly humour also purged by siege.
 They, whych haue crude or rawe humoures,
 muste be warily lette bloudde, before that sycke-
 nesse ingender, but hauyng the feuer, in no wyse.
 Concernynge lettynge of bloudde, these thynges
 folowynge, wolde be had in contynuall remem-
 braunce, and be afore thought on. In abundance
 of the bloudde, the qualytye and quantitie, the
 greatnesse of the sycknes, and yf it be presente,
 or loked for. also the dyet precedynge, the age and
 strengthe of the person, the naturalle fourme of
 his body, the tyme of the yere, the region or coun-
 trey, the present state of the ayre, the disorde of ac-
 customed excrepse, the easynge of euacuacions
 vsed before. In qualitie consider, of what hu-
 mour the fulnesse procedeth. In quantitie the a-
 bundaunce of that, whych is to be pourged. In
 sycknesse, if it be daungerous or tollerable: if the
 sycknesse be presente, it requyryeth the more dily-
 gence

Celsus

Orisba

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in ar. 1

gence: if it be looked for, it may be the better proportioned. In dyete, the custome in eatynge and drynkynge, must be specially noted. In yonge men and women, lettynge of bloudde wolde be moze lyberall. In olde menne and yonge chylberne, it wolde be scarcer: stronge men maye susteyne bledynge, they whyche are feble, may not endure it: Large bodyes haue greater vessels, than they, which be litle. leane men haue moze blod, corporat men haue moze fleshe. The tyme of the yere must be speciall marked. For in the begynnynge of spyng tyme, it is beste lettynge of bloudde, as Orisbasius saythe, and so dothe contynue, after the opynyon of Arnolde, vnto the eyght calendes of June. Aetius assyrmeth, that in wynter, or in a colde countrey, or where the persone is of a very colde nature, the waynes shulde not be opened. And Damascene saythe: They which in yowth haue vled to be moche lette bloudde, after they be thre scope yeres olde, their nature waxeth colde and naturall heate is in them suffocate, specially yf they were of a colde complexyon. but that is to be vnderstande, where they that are in helthe, are often let bloude. For in the lapse from helthe, and in dyuers dysleases, wherein the bloudde is corrupted, or where it ingendyeth impostumes, or resorteth to any place, where it oughte not to be, or passeth by any other cundyte, than nature hath ordeyned, or where it is surpouse or inflamed, or by any other meanes breedeth greuous dysleases, in all these cases it oughte to be practysed, ye sometyme in aged persons, women with chylde, and yonge infantes. For in extreme necessity, it were better experyence some remedy, than

THE THYRDE

to do nothyng. All other thynges concernynge this matter, pertaine to the parte curatyue, whiche treateth of healyng of Syckenesse, wherof I wyll not now speake, but remytte the reders to the counsaile of dyscrete physitions.

¶ Of scarifyenge called boxynge or cuppyng. Cap. 7.

Foismache as it is not conueniente, to belette bloudde ostentymes in the yere, by cause moche of the vitall spirite passeth forth with the bloudde, whiche beyng exhauste, the bodye waxeth colde, and naturalle operations become the more feble, I therfore doo counsaile (saythe Galene) that the base partes of the body, as the legges, be scarified, whiche is the moste sure remedy, as well in conseruyng helthe, as in repayryng therof, beyng decayed. For it cureth the eyen beyng annoyed with longe dysalations. It profyteth also to the heed, and ouer parte of the body, agaynst sondry dyscales. In what member the bloudde is gathered, the bodye beyng fyrste purged by scarification, the greife may be cured.

Also Diubasius affirmeth the same, and also addeth therto, that it helpeth squynances, or quynres in the thyots, and dissoluethe the constipations or stoppynge made of all places, yf the places be scarified: not withstandinge application of boyes about the stomaque, in hot fevers, where reason is troubled, are to be eschued, for feare of suffocation. Likewise put to the heed indiscreetly, it hurteth bothe the heed and the eyes. The late authours do affirme, that scarifieng is in the stede of

lenus.

19. li. 3.

Diubasius

medici

compē.

lus.

of lettynge bloudde, where for age, debilitie, of tyme of the yere, or other lyke consyderation, a man maye not susteyne bloudde lettynge, and it byngeth forth the thynne bloudde, which is next to the skynne.

¶ Of bloud suckers or leaches. Ca. 8,

There is also an other fourme of Euacuation by woymes, founde in waters callyd bloudde suckers or leaches, whiche beyng put vnto the body or membre, do draw out blode. And their drawynge is moze conuenient for fullnesse of bloudde than scarifyenge is, forasmuche as they fetch bloudde moze deper, and is moze of the substance of bloude, yet the opynion of some men is, that they do drawe no bloudde but that, whych is corrupted, and not proportionable vnto our body. And therfore in grefes, whiche happen betwene the skynne and the fleshe of bloude corrupted, these are moze conuenient than scarifyenge. But before that they be putte vnto any parte of the bodye, they muste be fyrste kepte all one day before, gwyng vnto theym a lyttell blode in freshe fleshe. And than putte theym in cleane water, somewhat warme, and with a spounge wype awaye the slyme, whiche is aboute theym, and than laye a lyttell bloudde on the place greued, and putte theym thanne to it, and laye on theym a spounge, than whan they be full, they maye falle away: or yf ye wyll sooner haue theym of, putte a horse heare betweene theyr mouthes, and the place, and drawe theym awaye, or putte to theyr mouthes salte or al Ques, or vyneger, and forth

Oribas
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ne com

THE THYRDE

Sothewith they shall falle, and than washe the place with a sponge, and yf there do yssue moche bloude, lay on the place the poulder of a sponge, and pytche bourned, or linnen clothe bourned, or galles bourned, or the herbe callyd *Bursa pastoris*, brused. And this suffyleth concernynge bloude suckers.

¶ Of hemoroydes or pyles. Cap. 9.

Hemoroydes be vaynes in the fundement, of whom do happen sondry passions, somtyme swellynge without bledynge, somtyme superfluous bloudd by the pupsaunce of nature, is by theym expelled, and thanne be they very conuynent, for by theym a man shall escape many great sykkenesses, whiche be engendred of corrupted bloudd, or of melancoly. Semblable, yf they be hastily stopped from the course, whiche they haue bene vsed to, thereby doo increase the sayde sykkenesses, whiche by them were expelled, as dropshes, consumptions, madnesse, frankses, and dyuers dysleases of the heed, and other sykkenesses, palenesse of the visage, grieve in the raynes of the back, and thies. And if they flowe so moche, there insueth feblenes, leannesse of the body, alteration of colour, greatte paynes in the lower partes of the body, And if the flure be vnmoderate, it engendreth myscheuous dysleases. Wherefore it wolde be diligently taken hede, that they runne in measure, or elles to vse some thyng moderatly, whiche may restrayne them.

¶ Concernynge other euacuations, I doo poure boldly omytte to wyte of them in this place, for as moche

as moche as in this realme, it hath bene accom-
 pted not honeste, to declare theym in the vulgare
 tongue, but onely secretely.

¶ Of affectes of the mynde. Cap. 10.

The last of thynges callyd not naturall, is
 not the leaste part to be consydered, the
 whyche is of affectes and passions of the
 mynde. For yf they be immoderate, they do not
 onely annoy the body and shorten the lyfe, but also
 they doo appayze, and sometyme lose vtterlye a
 mans estimation. And that moche more is, they
 byynge a man from the vse of reason, and some
 tyme in the dyspleasure of almyghty god. Wher-
 fore they doo not onely requyre the helpe of phy-
 sycke corporalle, but also the counsaile of a man
 wyse and well lernyd in morall phylosophye.

Wherfore after that I haue recyted, what they
 be, I wylle bypely declare suche counsailes, as
 I haue gathered. And as concernynge remedies
 of physyke, sayynge a fewe symples, whiche do
 comforte the harte and spyrtes, the resydewe I
 wyl remytte to the counsaile of physytions, lyke
 as I haue done in euacuation. Affectes of the
 mynde, wherby the body is annoyed, I do byynge
 in syknes be these, Ire or wyathe, heynnes or sor-
 rowe, gladnesse, or reioyngynge.

¶ Of Ire. Cap. 11.

Ire is kindlyd in the harte, inordynately cha-
 syng the spyrtes there, and than is sent forth
 into the membres, and dothe superfluously
 heate

THE THYRDE

heate them, and disturbeth reason, where the bo-
 dyes be hotte afoze, wherc natural heate is feble,
 the heate may not be dyspersed vnto the extreme
 partes, and than dothe the extreme membyres,
 that is to say, whyche are farre from the harte,
 remayne colde and tremblynge. Of this affecti-
 on commeth sometyme feuers, sometyme apo-
 plexies, or priuation of senses, tremblynge, pal-
 seys, madnesse, franlyes, deformatie of vylage:
 and that wars is, outragious swearynge, blas-
 phemye, despye of vengeance, losse of charitic, a-
 mytie, credence, also forgetfulnesse of benefytte
 pcedynge, and of obedyence, duetie, and reue-
 rence. There also do succede, contentyon, charge-
 able suite, vnquyetnes of mynde, lacke of appe-
 tite, lacke of slepe, feble dygestion, scozne, dys-
 dayne, and hatred of other, with peryll of los-
 syng of all good reputation. These incomodity-
 es of Ire, perfyteley had in remembraunce, and
 at the fyrst motion therof one of them thoughte
 on, may happen to bynge in his felowes, and
 therby the flame may be quenched, or lette hym
 that is angry, euen at the fyrste consyder one of
 these thynges, that lyke as he is a man, soo is al-
 so the other, with whome he is angry, and ther-
 fore it is as lesulle for the other to be angrye, as
 vnto hym, and yf he so be, than shall that anger
 be to hym displeasent, and sterc hym moze to be an-
 gry. wherby it appereth, that Ire is to him loth-
 some. If the other be pacient, than let hym ab-
 horre that thyng in hym selfe, the lacke whereof,
 in the other contenteth hym, and allwageth his
 malice. Moreover, let hym before, that occasyon
 of Ire dothe happen, accustome hym selfe to be-
 hold

beholde and marke welletheym that be engaged
 with the successe of that anger, and remember
 in his mynde, a good space after. And in that
 tyme, let hym remember, howe Christe for the sake
 of God, and God, who, as he hym selfe suffered
 mought haue had of God his father, if he wold
 haue asked them, legions of aungelles, to haue
 defended hym, yee with lasse tha a mynute
 haue slayne all his aduersaries, yet he not so
 standinge, rebuked, scorned, falsly accused, pyn-
 ned hyther and thither, stepped, bounden, with
 halters, whynned, spytte on, buffeted, crowned
 with sharpe thorne, laded with a heauy crosse
 of ymber, his owne proper torment, and
 dyuen forth lyke a calfe to the slaughter house,
 esteemes beaten and overthrowen, stretched
 forth with roopes, armes and legges laded on
 the Crosse, and thereunto with longe yron na-
 nles throughthe the handes and feete nayed with
 many strookes of hammers, with many pyn-
 chages, or euer the nyles moughte pierce
 his tender and mooste blessed fleshe and synnes,
 quyte throughthe the harde ymber, yee to the
 heedes of the nyles, and all this beinge done
 for the offense of Mankynde, and not his
 with the men, whiche dyde it, his moste
 counteymen, his mooste vnaturall enemies,
 whome he fyrste made of nothinge, and
 by miracles, deliuered from perilles, and cured
 of diseases, in all his beration and course, he
 was neuer seene or perceyued angry. If one wyl
 say, that anger is naturall, let hym also consider
 that, in chyldes manhode were all naturall
 powers. If he wylle saye, that Ire is token of

THE THYRDE

courage, and in Chryst it lacked not, whom both
 angels and dyuelles trembled and feared.
 The principles often renewed, and borne in the
 aynde. I wyl not saye, Shall utterly extyncte all
 motions of wyathe, which is not possyble, but it
 shall, when it kyndleth lyghtly repressse it, and let
 that it shall not growe into flame. And in speas
 here of wyathe, I do not meane that, whis
 ch good men haue agaynste vices: or wyse and
 discreet gouernours and maysters, agaynste the
 defaults or negligences of theyr subiectes or ser
 uantes, dyed in rebukynge theym, or moderately
 punishynge them. For that is not properly ire,
 but rather to be call'd dyspleasure, and is that
 wherof God speaketh by his prophete Dauid,
 saying, Be you angry and do not synne. And that
 manner of anger, hath bene in dyuers holy men,
 prophetes, and other. And it appered in Chryste
 when he drave out them, which made theyr mar
 ket in the holy temple of god, where there ought
 to be nothyng but prayer. And in yherowyle whis
 he rebuked the hypocrites. But yf none of these
 thynges may come so shortly to his remembrance,
 what is meued with anger, at the leaste lette hym
 thynke on the lesson, that Appollodorus the phy
 losopher taughte to the Emperour Octavian,
 that before he speake or do any thyng in anger,
 he do recyte in order, al the letters of the A. B. C.
 and remoue somewhat out of the place that he is
 in, and lette ocasyon to be otherwyle occupied.
 This shall for this tyme suffice, for the remembrance
 of Ire. And he that wyl know more of this mat
 ter, let hym reade in my worke, call'd the Booke
 now, where I therof do write more abundantly.

.4.
 act. 31.
 od. 32.
 it. 10.
 C. 11.

Of dolour or heuynes of mynde.

Capitulo. 12.

pro. 17
Eccl. 2.

There is noothinge more ennemy to lyfe, than sorowe, callyd also heuynesse; for it exhausteth bothe naturall heate and moisture of the bodye, and dothe extenuate or make the bodye leane; dulseth the wyte, and darknieth the spyrtes, letteth the vse and iugement of reason; and oppresseth memory. And Salomon sayeth, That sorowe dryeth vp the bones. And also lyke as the mothe in the garmente, and the worme in the tree, so dothe heuynesse annoye the harte of a man. Also in the booke callyd Ecclesiasticus, Sorowe hath kyled manye, and in it selfe is founde no commoditie. Also by heuynesse death is hastened, it hydeth vertue or strengthe; and heuynesse of harte boweth downe the necke. This is so puissant an ennemy to nature and bodyly helth, that to resyste the malice and violence thereof, are requyred remedies, as welles of the holisome counsailes founde in holy scripture, and in the booke of moral doctrine. It is also other wayne herbes, fruytes, and spyes hauinge the propriety to expelle melancolycke humours, and to comforte and kepe lyuely the spyrtes, whiche haue their propre habitation in the harte of man, and moderate nouryng of the naturall heate and humour, callyd radical, whiche is the base or foundation, wherevpon the lyfe of man standeth; and that sayyng, lyfe fallth in rayne, and the bodye is dissoluyd. Nowe foloweth I wille declare some remedies agaynste sorowfulnesse of harte, whiche shal be necessarye counsaile.

THE THYRDE

Sometime this affecte hapeneth of Ingratitude, eyther where for benefytte, or specyall loue employed, oone receyuethe damage or is abandoned in his necessitie, or is deceyued of hym, whom he trusted, or fyndeth hym, of whome he hath great expectation, forgetfull or neglygent in his commodytie, or perceyuethe the persone, whome of longe tyme he hath loued, to be estranged from hym, or to haue one of later atquayntance in more estimation. This affection inppeth the harte, ye of mozte wylse men, for they loue mozte hartly, not prouoked by carnalle affection, but rather by good opinyon, ingendred by similitude of honest studies, and vertuous maners of longe tyme mutually experyenced. And it is not onely vnto man greuous, but also vnto god mozte displeasante and obdyuse, as it is aboundantly declared in scrrypture. Wherefore the person, which smyth hym selfe touched with this affecte, beware that it groweth into a passion, and wareth a tyme, lest hym calle to remembrance these articles followinge, or at the leaste wayes to mane of them. For eueryche of them may eate hym, though perchauce they can not forthwith presently care hym.

Consyder, that the corruption of manys nature is not so moche battered in any thinge, as in ingratitude, wherby a man is made worse, than by any other decaye. The yttelluntie of enmost helpeth by his tennys, whome he hath inuicthoum with benedyctie, or by other occasions. And when elephants departe from the water, the greatest and most plentifull auerage deuyde them selues, and scerpage the water, and the

unfay-
against
atitude.

pianus
aria hi
ria,

the myddell, part go befoze, tryeng the depeneſſe
and perylls, parte come after, ſuccouryng the
weakeſt oꝛ leaſte, with theyꝝ longe noſes, whan
they ſee them in danger. The ſame beaſtes haue
ben ſerue not onely byꝝnge men oute of deſertes,
whiche haue loſt theyꝝ wayes, but alſoo reuenge
the dyſpleaſures done to them, the whyche gaue
theym meate, as one that ſlewe hym, which had
committed aduoutry with his mayſters wyfe.

The terryble Lyons and Panthers, haue bene
ſeene in theyꝝ maner, to render thankes to theyꝝ
benefactours, yꝛ and to obiecte theyꝝ owne bo-
dyes and lyues foꝛ theyꝝ defence. The ſame we
maye dayly beholde in oure owne dogges.

Then in whome thou fyndeſt the deteſtable vice
of Ingratytyde, reputyng hym amonge the
warſte ſorte of creatures, thynke not that thou
haſte loſte a frende, but thynke that thou arte
deſyuered frome a monſter of nature, that de-
uoured thy loue, and that thou arte now at
lybertie, and haſte wonne experyence to cheſe the
a better. But yf this maye not ſuffyſe, thanne
eſteſoones conſyder, that yf thou loke welle on
thy ſelfe, perchaunce thou mayſt fynde the faute,
whereof thou complayneſt, within thyne owne
boſome. Calle to thy remembrance, yf thou haſt
alwaye rendred vnto euerye manne condygn
thankes oꝛ benecyſſe, of whom thou haſt kynd-
neſſe receyued, oꝛ yf thou haſt alwaye remembred,
euerye one of them, that haue doone to the any co-
moditie oꝛ pleaſure. Thou ſhalte well perceyue,
that what thyng thou receyuedſt in chyldhode,
thou forgatteſt oꝛ dyddſt lyttell eſteeme, whanne
thou cameſt to the ſtate of a manne. And what

Seneca
benef. 7

THE THYRDE

thou dydest remember in youth, in aage, that
 dydest yettell thynke on: thy nouryces pappes,
 her rockynges, her watchynges, thou hast not al-
 way remembred, or equally recompensed. Thy
 scoole maysters studie, his labour, his diligence
 in a lyke degree, thou haste not requyted. What
 greater frendes haste thou had, of whome thou
 couldest receyue any greater benefyttes, than thy
 nouryshynge and preseruyng of thy lyfe, in thy
 mooste febleness, or thyne erudytion, wherby thy
 nature was made moze excellent. Remembrynge
 this, leaue to be angry or sorowfull, for so comon
 a vyce: yet if it cease not to greue the, confesse
 the ingratitude that dothe bere the, with that in-
 gratitude, whiche was shewed by the Israelites,
 whome god chace for his owne people, deliuered
 from seruage, shewed for theym wonders, pre-
 serued them fourty yeres in deserte, destroyed for
 them kynge, gaue to them the countrey, whiche
 flowed mylke and hony, defended them agaynst
 all outwarde hostylytie, sent vnto them suche a
 abundance of ryches, that syluer was in Hieru-
 salem, as stones in the strete, had his tabernacle,
 and afterwarde his mooste holpe temple amonge
 them, whych he dyd dayly vyshyte with his dy-
 uynes maiesty, made theyr kynge to reygne glo-
 ryously, and spake with theyr prophetes sam-
 parly, and corrected their errors mooste gentyl-
 ly: and yet for all this, they, imbracyng the pay-
 nyms ydolatre, they leste soo gracious and lo-
 uynge a lord, and lyuynge god, and to his great
 despise, gaue dyuine honours, to calves of brasse,
 and other monstrous ymages, and at the laste
 put to mooste cruell deth, the onely sonne of god,
 that

that hadde done so moche for them.

And yf we chrysten men doo loke well on oureselues, resoluyng the incomparable benefytes, whiche we haue receyued by Chrystes passion, and consyder the circumstance of his most excellent patience, and moost feruent loue towards vs, with our forgetfulnes, and the dayly breach of oure promyse, whiche we made at oure baptisme, conferrynge our mutuall unkyndnes therunto, there shall appere no ingratitude, that shoulde offende vs. Fynallye for a conclusyon, behold well aboute the, and thou shalt all daye fynde the chylderne ingrate to theyr parentes, and wytes to their hus bandes. And wylte thou looke that thy benefytte, or hayne expectation, shoulde make the more free from ingratitude of thy frende to whome chaunce hath sent the, than nature maye the parentes towards theyr chylderne, or the conjunction of bodyes by lefull maryage, take unkyndnesse from the wyues towards the hus bandes. This vyce therfore of Ingratitude, beinge so common a chance, make no worldly frendshyp so precious, that lyfe or helth therfore shoulde be spent or consumed. I haue ben the longer in this place, because I haue hadde in this grieve sufficient experience.

THat deathe of chylderne be cause of thy heauynesse, calle to thy remembrance some chyldern (of whome there is no lyttell nnumber) whose lyues eyther for vncorruptible vyces, or misfortunat chaunces, haue benne more greuous vnto theyr parentes, thanne the deathe of thy chylderne mighte to be vnto the: consydering that deathe is the dyscharger of all grefes, and myscreyes,

Deathe
chyldern

THE THYRDE

and to theym that dye well, the fyrste entrie into
lyfe everlastynge.

le of
des.

If the losse of goodes or authorytie doo greue
the soules, which do not marke diligently,
that is as neyther the one nor the other dothe
wysly happen to theym that are worthy, soo we
have in dayly experience, that they fall from hym
whom they follow, who in increasynge or keepynge theym
furthermoste bulye.

the of
motion

When the repulse frome promotion is
cause of dyscomforte. but than consyder, why
thou art in the opinion of good men, thou art demed
worthy to have suche advauncement, or in thyn
owne expectation & fantasy. If good men so urge
the, thanke thou god of that felicitie, and laughe
at the byndnes of them, that so have refused the,
if it procede of thyn owne folye, abhoire all
arrogance, and inforce thy selfe to be advanched in
thy estimation, before thou canst fynde thy self
worthy in thy propre oppinion.

chaunces
fortune.

All other chaunces of fortune, esteeme as noo-
thyng, and that longe before they doo happen.
The bitt recordynge of mysferte, prepareth the
mynde to fele lesse aduersitie. And the contempte
of fortune is sure quyetnesse and mooste perfyte
felicitie.

This nowe shall suffice concernynge remedies
of morall philosophy. Nowe wyl I wyte some
what touchynge the counsaile of physike, as in re-
steyning the body, whiche eyther by the sayd occa-
syons, or by the humour of melancoly, is brought
out of temper.

The fyrste counsaile is, that durynge the
tyme of that passyon, eschewe to be angrie, stu-
dious

dyouse, or solytarye, and reioyce the with melo-
dye, or els be alway in suche companye, as beste
may content the.

Auoyde all thynges that be noyouse in syghte,
smellynge and hearynge, and embrace all thyng
that is delectable.

Flee darknes, moche watche, and busynesse of
mynde, moche companioning with women, the use
of thynges very hot and dry, often purgations,
immoderate exerceyse, thyrst, moch abstynence, dry
wyndes and colde.

Abskeyn from dayly eatyng of moche olde biefe
or old mutton, hard chese, hares flesh, bores flesh,
venyson, salted fische, coolewoytes, beanes, and
peason, very course breadde, greatte fische of
the see, as thurlepole, popple, and surgeon, and
other of lyke natures, wyne redde and thicke,
meates beyng very salte or sowre, olde, burned,
or fyled, garlyke, onyons, and lekes.

*abstyn
dryng*

Use meates, whyche are temperatelye hotte,
and therewith somewhat moyste, boyled rather
than roasted, lyght of dygestyon, and ingendryng
bloudde clere and fyne. As mylke hotte from the
udder, or at the leaste newe mylked, ruen chese,
swete almondes, the yelkes of rere eggcs, lyt-
telle byrdes of the busshes, chyckens, and hennes.
Wyne white or clarette, clere and fragraunte.
Swete saviours in wynter hot, in sommer colde,
in the meane tyme temperate.

Confortatives of
the hart hotte.
Borage the floure
or lease.
Buglosse.

Baulme mynte.
Elycampane.
Cloues.
Cardamomum.
Rosemary.

B b

Ligns

THE THYRDE

Lignum aloes.
Muske.
Sambergyse.
Saffron.
The bone of the harte
 of a redde pierre.
Myntes.
The rynde of Citron.
Beene.
Cubibes.
Balyse.

Confortatiues of
 the harte colde.

Caliolettes.
Serles.
Royall.

The vnicornes horne.
Olde appulles whiche
 be good.
Roses.
Sauunders.
The olipphanes tothe.
Water lylles.
Coryander prepared.

Confortatiues
 temperate.

Cincte.
Saphire.
Emerauldes.
Myrabolanes, called
 kebuh.
Buglosse.
Golde, spiner.

Cof Joye.

Ioye or gladnesse of harte dothe pprolonge the
 lyfe, it satteth the bodye that is leane with
 troubles, bytyng the humours to an equalle
 temperance, and drawyng naturall heate oute-
 warde. But if it be codayne and feruent, it oftens
 tymes sleeth, for as moche as it draweth to for-
 deynly and expellyuely naturall heate outwarde.
 And therefore dyuers men and women haue bene
 sene to falle in a sounde, whan they haue codayn-
 ly beholde the persones, whome they feruently
 loued. **A** woman in Rome, herynge first, that
 her sonne was slayne in battayle. After whan he
 came to her, she serynge hym alyue, abrauyng

echo

Liuius.

the other, he dyed in his armes. This welles
considered, agaynste suche inordinate gladnesse,
the beste preseruatiue is to remember, that the
extreme partes of mundayne ioye is sorowe and
heynesse: And that noothynge of this wolde,
may soo moche reioyce vs: but occasyon maye
cause it to be dyspleasant vnto vs.

¶ The dominion of sondry com-
plexions. Cap. 13.

I t seemeth to me not inconuenient, that I do
declare aswelle the counsailes of auncient and
approued authours, as also myne owne oppyni-
on gathered by dyligente markynge in dayely
experyence, conceyning as well the necessary dis-
ete of euery complexyon, age, and declination of
helthe, as also the meane to resyste dyscrasies of
the body, befoze sykenesse be therein confyned,
leauynge the resydue vnto the substancyall les-
sonynge and circumspecte practyse of good phy-
sitions, whiche shall the more easylie cure thei-
r patientes, yf thei- patientes do not dysdayne to
beare away and folowe my counsaile.

¶ And firste it ought to be considered, that none
of the foure complexion, haue sooly such domi-
nyon in one man or womans body, that no parte
of any other complexion is therewith mixte. For
whan we call a man sanguine, cholerike, fleuma-
tike or melancoly, we do not meane, that he hath
bloudde only without any of the other humours,
or choler without bloudde, or fleume withoute
bloudde or melancolye, or melancolye withoute
bloudde or coler. And therfoze the man, whiche
is san-

THE THYRDE

as sanguyne, the more that he draweth into age,
 wherby naturall moysture decayeth, the more is
 he coleryke, by reason that heate surmountynge
 moysture, nedes muste remayne heate and dryth.
 Semblably the choleryke manne, the more that
 he waxeth into aage, the more naturalle heate in
 hym is abated, and by the surmountynge natu-
 rall moysture, he becommeth melancolyke, but
 some sanguyne man hath in the proportion of
 temperatures, a greater myxture with choler,
 than an other hath. Likewyse the choleryke or
 fleumatyke man with the humoure of sanguyne
 or melancolye. And therefore late practysers of
 physyke are wont to calle men, accordynge to the
 myxture of theyr complexions, as sanguyne co-
 leryke, fleumatyke sanguyne. &c. Moreover, be-
 syde the naturalle complexions, whyche man re-
 ceueth in his generation, the humours, whereof
 the same complexions doo consyste, beyng aug-
 mented superfluously in the body or membres by
 any of the sayde thynges calld not naturalle, &
 uery of them do semblably augmente the comple-
 xion, whyche is proper vnto hym, and byngeth
 vnequall temperature vnto the bodye. And for
 these causes, the sanguine or fleumatyke man or
 woman, felynge any dyscrasie by choler hapned
 to theym by the sayde thynges, calld not natu-
 ralle, they shall vse the dyete describ'd hereafter
 to hym, whyche is naturall choleryke. Sembla-
 bly the choleryke or melancolyke manne or wo-
 man, hauynge any dyscrasie by fleume, to vse
 the dyete of hym whyche is naturall fleuma-
 tyke, alwaye remembrynge, that sanguyne and
 fleumatyke men haue more respecte vnto drythe,
coler

choleryke and melancolyke vnto moysture, and that alway as the accidentall complexion decayeth, to refozte by lyttell and lyttell to the dyet, perswainyng to his naturall complexion,

The tymes appoynted to every naturall humour. Cap. 14.

But sythe it must be considered, that where the foure humours be alway in Man, and in some man comonly one humour is more aboundant than an nother naturally, that is to saye, from his generation. The sayde humours haue also peculpar tymes assygned to every one of them, wherein eche of them is in his moste power and force, as after ensueth; after the description of Soranus.

Fleume hath moste puissance in wynter, from the viii. Idus of Nouember, vnto the viii. Idus of February, wherby are ingendred Catarrhes or teinles, the vula, the coughe, and the sytche. This humour is parte in the heeb, parte in the stomache. It hath dominion from the thyrde houre of nyghte, vntyll the nynthe houre of the same nyght.

Bloodde recealeth in springe tyme from the viii. Idus of February, vnto the viii. Idus of May, wherof are ingendred fevers, and Colic humours, whiche do moost hurt. The power of this humour is aboute the harte, and hath dominion from the ix. houre of nyghte, vntyll the thirde houre of the morning.

Bilious cholere hath the power in summer from the viii. Idus of May, vntyll the viii. Idus of

THE THYRDE

Auguste, wherby are ingendryed hote and sharpe fevers, this humour is specially in the lyuer, and hath dominyon from the thyrde houre of day, vntyll the. ix. houre of the same day.

Yelowie choler, wherof is ingendryed the fleume of the stomake, is nourished in Autumne, which begynneth the. viii. Idus of Auguste, and dureth vnto the. viii. Idus of Nouember, and maketh shakynge fevers and sharpe. the blacke choler than increaseth, and than foloweth thychnes of the blood in the vaynes. Blacke choler or melancoly moste eaigneth in the spleene, and it dureth from the. ix. houre of day vntyll the thyrde houre of nyght.

¶ Peculiar remedies agaynst the distemperance of every humour.

IF the distemperance be of blood, helpe it with thynges colde, sharpe, and drye, for bloudde is mooste hote, & swete. If it be of redde choler, geue thynges colde, mooste, and swete, for redde coler is better and fyer. If it be of blacke coler, geue thynges hot moost and swete, for black coler is sharpe & colde. If the dyscalbe of salt fleume, geue thynges swete hot and dry, this sayth Soranus. If with standynge where there is abundance of colde fleume not myste with coler, there the thynges beyn sharpe and hote be mooste conuenient, as lacte venenat. With hote coler and choler in the stomacke and rough, hony being sodden in the one and the other, or wher choler is myste with fleume, synope acedol made with pynages and sugar boyled, comfytis with byrdes footis.

of sedes, which may dissolue flegme and digest it.

Diete of them, whiche are of sanguyne complexion. Cap. 15.

Frasmoche as in sanguyne meene bloudde moste raygheth, whiche is soone corrupted, it shall be necessary for them whiche are of that complexion, to be circumspecte in eatynge meate, that shortly wyl receyue putrifaction, as the more parte of fruytes, specially not beyng perfectly ripe. Also meates that be of ylturce, as fleshe of beastes to olde or to yonge, bidders of beastes, byaynes excepte of capons and chickens marowe of the backebone, moche vse of onions, lekes, garlyke, moche vse of olde fygges, moche vse of rawe herbes, and all thyng wherein is excessse of heate, colde, or moysture, meates that be stale, fywes of the fennes or muddy waters, and so moche slepe, as experyence sheweth.

Diete of colerike persons. Cap. 16.

Them whiche be colerike, being in their natural temperature, and hauing not fro their youth vsed the contrary, grosse meates moderately taken, be more conueniente, than the meates that be fyne, and better shal they digest a ptece of good biese, than a chickens legge. Choler of his propertie rather burnyng than wel digesting meates of light substance, yet withstanding some gentylmen which he by experience brought up in theyr infancy, may not so wel suffre that diet as poore men, beinge the more parte vnto grosse meates, wherfore their diet must be in a seuerall, as yonge biese, olde beale, mutton, and banyon powder.

THE THYRDE

powdered, ponge geese, and suche lyke, conseryng
 theyr complexion with meates lyke thereunto in
 qualitie and degre, accordynge to the counsaile
 of Hippocrates: And as he perceyvneth choler to
 abounde, so to interlace meates whiche be colde
 in a moderate quantitie, and to alaye theyr wyne
 more or lesse with water, eschewynge hotte spys
 ces, hotte wynes, and excessyue labour, whereby
 the bodye maye be moche chaufed. Also he maye
 eate oftener in the daye than any other: forscow
 ethat there be suche distaunce betwene his meales
 as the meate before eaten be fully digested, whi
 che in some person is more, in some lesse, accor
 dyng to the heate and strengthe of his stomache,
 notynge alway, that the choleryke persone dyge
 styth more meate than his appetyte desyryeth, the
 maledylyke persone desyryeth by false appetitt
 more than his stomache maye digest. And to a
 choleryke persone, it is ryght dangerous, to vse
 longe abstinence: for choler, syndynge nothyng
 in the stomache to concocte, it farethe than, as
 wher a lyttell potage or mylke, beinge in a ves
 sell over a great fyre, it is bourned to the vessel
 and vntawerpe flames and vapours do issue out
 therof. Lyke wyse in a choleryke stomache, by ab
 stinence, these inconueniences doo happen, hu
 mours abill, consumyng of naturall moysture,
 stomache, and synaynge vapours, accendynge
 up to the head, wherof is ingendred dylf synge
 of the eyes, rednes, hote, and thynne reumes,
 and every other turfette, and manye other in
 conueniences. Wherfore beynde the opinion of
 these learned men, myght owne peynefull expery
 ence, and moueth me, to exhorte them, whiche be
 of

of this complexion, to eschew moche abstinence. And although they be studious, and vse lyttelle exercise, yet in the mornyng to eate somewhat in lyttell quantitie, and not to study immediatly, but fyrst to lytte a whyle, and after to stande or walke softly, whyche vsynge these two peres, And alsoo other, that haue longe knowne me, haue percepued in my body a greatte alteration, that is to say, from yll astate to better. Alway remember, that yf any other humour do abounde in the choleryke persone, as flegme, or melancoly, than vntyll that humour be expelled, the dyete must be corrective of that humour, and therfore moze hotte and fyne, than the naturall dyete before rehersed: but yet there wolde be alway respecte hadde to the naturalle complexyon, somtyme sufferynge the person to eate or drynke that, whiche nature woorkynge he feruently desyeth.

Diete of fleumatike persones.
Capitulo. 17.

It is to be remembred that pure flegme is properly colde and moyste, and lacketh taste. Sale flegme is myxt with choler, and therfore hath not in hym soo moche colde nor humyditie, as pure flegme hath: and therefore it requyret a temperaunce in thynges hotte and drye, whereby flegme is dygested or expelled. To fleumatike persons all meates are noyfull, whiche are verye colde, vylous or stymy, fatte or soone putrified, eatynge moche and often, specially meates in gendrynge flegme, whiche be remembred in the table pcedyng. All thynges be good, whiche

THE THYRDE

**INCOR
PAGIN**

ORRECT NATION

THE THYRDE

powdered, ponge greese, and suche lyke, conseruynge
 theyr complexion with meates lyke thereunto in
 qualittie and degre, accordynge to the counsaile
 of Hipocrates. And as he perceyvethe choler to
 abounde, so to interlace meates whiche be colde
 in a moderate quantitie, and to alaye theyr wyne
 more or lesse with water, eschewynge hotte spys-
 ces, hotte wynes, and excessyue labour, whereby
 the bodie maye be moche chaunged. Also he maye
 eate oftener in the daye than any other. Forcense,
 that there be such distance betwene his meales
 as the meate before eaten be fully digested, whi-
 che in some person is more, in some lesse, accord-
 yng to the heate and strengthe of his stomache,
 notynge alway, that the choleryke persone diges-
 teth more meate than his appetyte despyeth, the
 melancholyke persone despyeth by false appetite
 more than his stomache maye digest. And to a
 choleryke persone, it is ryght dangerous, to vse
 longe abstinence: for choler, syndynge nothyng
 in the stomache to concocte, it farethe than, as
 wher a lyttell potage or mylke, beinge in a ves-
 sell ouer a great fyre, it is bourned to the vesselles,
 and vntowere flames and vapours do issue out
 thereof. Lyke wyse in a choleryke stomache, by ab-
 stinence, these inconueniences doo happen, hu-
 mours abound, consuming of naturall moysture,
 flammynge and syndynge vapours, ascendynge
 up to the heade, wherof is engendred dylfrenge
 of the eyes, rednes, hote and tynghed eumes,
 sore eurye, tynghed tustette, and manye other in-
 conueniences. Wherfore before the opinion of
 these tynghed men, myght owne permyssall exorta-
 cion, and moueth me, to exhorte them, whiche be
 of

of this complexion, to eschew moche abstinence. And although they be studious, and vse lyttelle exercise, yet in the mornynge to eate somewhat in lyttell quantitie, and not to study immediatly, but fyrst to lytte a whyle, and after to stande or walke softly, whyche vsynge these two peres, And alsoo other, that haue longe knowen me, haue perceued in my body a greatte alteration, that is to say, from yll astate to better. Alway remember, that yf any other humour do abounde in the choleryke persone, as sicume, or melanco- ly, than vntyll that humour be expelled, the dyete must be correctiue of that humour, and therfore moze hotte and fyne, than the naturall dyete before rehersed: but yet there wolde be alway respecte hadde to the naturalle complexyon, some tyme sufferynge the person to eate or drynke that, whiche nature workynge he frequently despyeth.

Diete of fleumatiike persones.
Capitulo. 17.

It is to be remembred that pure sicume is properly colde and moyste, and lacketh taste. Valse sicume is myxt with choler, and therfore hath not in hym soo moche colde nor humyditie, as pure sicume hath: and therefore it requyrez a temperaunce in thynges hotte and drye, whereby sicume is dygested or expulsed. To fleumatiike persons all meates are noyfull, whiche are verie colde, viscusous or clymy, fatte or soone putrified, eatynge moche and often, specially meates in- gendrynge sicume, whiche be remembred in the table pcedynge. All thynges be good, whiche

THE THYRDE

are hotte and dry, also meates and drynkes whiche be slowe: onyons also, and garlyke, moderately vled, be very commendable, in pure fleume not myxt with choler, moche vsynge of salt, specially dyed. Pepper grosse beaten, and eaten with meate, oughte to be with all fleumatyke persons famylar, also gynger is ryght conuenient, but not to be so frequently vled as pepper, forasmuche as the nature of pepper is, that beinge eaten, it passeth through the body, heatynge and comfortynge the stomake, not entrynge into the vaynes, or annoyng the lyuer, which vertue is not in gynger. Gynger condyte, the which we do call grene gynger, specially candyd with sugar, yf it may be gotten, and also Mirabolanes, callyd hebull condyte in India, be most excellent remedies agaynst fleume, also the herbes which are remembred afore in the table of dygestyues of fleume, and the rootes of persely, fenel, yreos, Glycampane, and carettes be verie commendable. Exercyse twyse in a day, the stomache being almoste emptye, so that sweate begyn to appere, is very expedient, clenysng of the body from all fylthynesse, with rubbynge and wyppynge, oftentimes with wasshynge, specially the heed and partes there aboute, moderate sweattynge in hot bathes or stufes be to this complexion necessary, specially whan they haue eaten and drunke excessively. The heed and feete to be kepte frome colde, and to dwell hygh and farte from moores and marshes, is a rule ryght necessary, alsoo to abstayne frome eatynge herbes and rootes not boyled, and generally frome all meates, whiche wyll not be easly dygested.

The

The dyspſion of melancoly, and the dyspe of
persons melancolyke. Cap. 18.

Melancoly is of two ſortes, the one is cal-
lyd naturalle, whyche is onely colde and
drye, the other is called aduſt or bourned.
Naturall melancolye is (as Galene ſaythe) the
reſydence or dyegg: of the bloudde: and there-
fore is colder and thicke than the bloudde. Me-
lancolye aduſte is in foure kyndes, eyther it is of
naturall melancolye aduſte, or of the more pure
parte of the bloude aduſte, or of choler aduſte, or
of ſalte fleume aduſte. But of all other, that
melancolye is worſte, whiche is ingendred of cho-
ler: ſynallye all aduſte melancolye annoyeth the
wytte and iudgement of man. For whan that hu-
mour is hette, it maketh men madde, and whan
it is extinguiſhed, it maketh men fooles, forgetteſulle,
and dulle. The naturall melancolye kepte in his
temperance, proſyteth moche to true iudgemente
of the wytte, but yet if it be to thicke, it darke-
neth the ſpirites, maketh one tymorous, and the
wytte dulle. If it be myxt with fleume, it moy-
tiſieth the bloudde with to moche colde, wheres-
fore it may not be ſo lyttell, that the bloudde and
ſpirytes in theyr ſeruentneſſe, but as it were vna-
bydelyd, whereof doo happen vnaſtablenefſe of
wytte and ſlypper remembraunce, nor yet ſo moy-
che, that by the weyght therof (for it is heuy, ap-
prochynge nyghe to the earth, that we ſeeme to be
alway in ſleape, and nede a ſpurre to prycke vs
forwarde. Wherefore it is ryght expediente, to
kepe that humour as thynne as nature wyll ſuf-
fer it, and not to haue to moche of it.

Ex Ma-
lio ſciu
de uita
na,

THE THYRDE

archetts and dy, also meates and dynkes wh

**IRREG
PAGIN**

REGULAR NATION

THE THYRDE

are hotte and dry, also meates and drynkes whiche be sowye: onyons also, and garlyke, moderately vled, be very commendable, in pure fleume not myxt with choler, moche vsynge of salt, specially dyed. Pepper grosse beaten, and eaten with meate, oughte to be with all fleumatycke persons samplar, also gynger is ryght conuenient, but not to be so frequently vled as pepper, forasmuche as the nature of pepper is, that beinge eaten, it passeth through the body, heatynge and comfortynge the stomake, not entrynge into the vaynes, or annoyng the lyuer, which vertue is not in gynger. Gynger condyte, the which we do call grene gynger, specially candyd with sugar, yf it may be gotten, and also Mirabolanes, callyd kebuli condyte in India, be most excellent remedies agaynst fleume, also the herbes whiche are remembred afore in the table of dygestyues of fleume, and the rootes of persely, fenel, yreos, Elycampane, and carettes be very commendable. Exercyse twyse in a day, the stomache being almoste emptye, so that sweate begyn to appere, is very expedient, clenysng of the body from all splythynesse, with rubbynge and wpyng, oftentimes with waschyng, specially the heed and partes there aboute, moderate sweattyng in hot bathes or stufes be to this complexion necessary, specially whan they haue eaten and drynken excessively. The heed and feete to be kepte frome colde, and to dwell hygh and farre from mooyes and marshes, is a rule ryght necessary, alsoo to abstayne from eatynge herbes and rootes not boyled, and generally frome all meates, whiche wyll not be easly dygested.

The

The dyspſion of melancoly, and the dyspe of
persons melancolyke. Cap. 18.

Melancoly is of two ſortes, the one is cal-
lyd naturalle, whyche is onely colde and
drye, the other is called aduſt or bourned.
Naturall melancolye is (as Galene ſaythe) the
reſydence or dyegges of the bloudde: and theres
fore is colder and thicker than the bloudde. Mel-
ancolye aduſte is in foure kyndes, eyther it is of
naturall melancoly aduſte, or of the more pure
parte of the bloude aduſte, or of choler aduſte, or
of ſalte fleume aduſte. But of all other, that
melancolye is warſte, whiche is ingendryed of chos-
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wytte and iugement of man. For whan that hu-
mour is hette, it maketh men madde, and whan
it is extincte, it maketh men fooles, forgetteſulle,
and dulle. The naturall melancolye kepte in his
temperance, proſyteth moche to true iudgemente
of the wytte, but yet if it be to thicke, it darke-
neth the ſpirites, maketh one tymorous, and the
wytte dulle. If it be myxted with fleume, it mor-
tifieth the bloudde with to moche colde, wheres
fore it may not be ſo lyttell, that the bloudde and
ſpirytes in theyr ſeruentneſſe, but as it were vn-
hyndelyd, whereof doo happen vnſtableneſſe of
wytte and ſlypper remembraunce, nor yet ſo mo-
che, that by the weyght therof (for it is heuy, ap-
prochyng nyghe to the earth, that we ſeme to be
alway in ſleape, and nede a ſpurre to prycke vs
forwarde. Wherefore it is ryght expediente, to
kepe that humour as thynne as nature wyll ſuf-
fer it, and not to haue to moche of it.

Ex Ma-
lio ſicū
de uita
na,

THE THYRDE

But nowe to the dyete pertaynyng to them,
 whom this humour annoyeth. The knowledge
 that melancolpe reygneeth, is oftentimes heu-
 rielles of mynde, or feare without cause, sleppnes
 in the membres, many crampes without reple-
 tion or emptynesse, sodayne fury, sodayne incon-
 tynence of the tongue, moch solpytude of light
 thynges, with playnnesse of the vylage, and
 fearefull dreames of terrible visyons, dreamyng
 of darknesse, depe pyttes, or deathe of frendes
 or acquayntaunce and of all thyng that is blacke.
 The meates conuenient are they, whiche be tem-
 peratly in heate, but specially they that be moyste
 meates soone dygested, and they rather boyled
 than roasted, temperately myxt with spyes, mylke
 hotte from the vdder, or late mylke, is very con-
 uenient for that complexion, swete almondes
 blaunched, and almonde mylke, the yelkes of
 fere egges, and synallye all thynges, whiche in-
 gender pure bloudde, and all that is wytten in
 the chappyter of aege. All these be ylle for them,
 wyne thycke or troublous, specially redde wyne,
 meates harde, drye, very salte, or sowre, bourned
 meate, fryed meate, moche biefe, hares fleshe,
 beanes, roket, colewortes, mustard, radyshe, gar-
 lyke, excepte there be moche wynde in the bodye,
 for than is it very holsome, onyons, lokes, synal-
 ly all thynges whiche heateth to moche, keleth to
 moche, or dryeth to moche, alsoo wrathe, feare,
 compassyon, sorowe, moche study or care, moche
 ydelnesse or reste, all thynges that is greuous to
 see, to smelle, or to heare, but most specially dark-
 nesse. Moreover moche dyspence of the bodye,
 eyther with longe watche, or with moche care
and

and tossynge of the mynde, or with moche letche
 rye, or moche eatynge and drynkyng of thynges
 that be hot and drye, or immoderate euacuation,
 labour, abstynence, thyrst, goynge in the ayre vn-
 temperately hotte, colde, or drye, all these thyng-
 es do annoy them that be greued with any me-
 lancolye. It is to be dyligently consydered, that
 where melancolye happenyth the of choler aduste,
 there meates whiche be hotte in workynge, wolde
 be wysely tempred, and drynkyng of hotte wy-
 nes wolde be eschewed: semblable cautele wolde
 be in sauoures. Not withstandynge moderate
 vse of smalle wyne, clere and well verdured, is
 herein verpe commendable, the humour thereby
 beynge claryfied, and the spyrytes clenched, but
 the abuse or excelle therof, dothe as moche da-
 mage. Also it is ryght expediente, to put into
 wyne or ale, a gadde of syluer or golde, glowynge
 hotte out of the fyre, to temper hot meates with
 roses, byolettes, saunders, rose water, bourage,
 buglosse, baulme callyd in latyne Melyssa, or the
 water of all thre dronken with good wyne,
 whyte, or clarette, or made in a Julep with
 sugar, is wonderfull holson, chewynge
 of lykoyse, or raysons of cozance,
 is right expedient, but most of
 all other thynges, myrthe,
 good company, gladnes,
 moderate exercyse,
 with moderate
 feedynge. And thus I leave to speake of
 dietes, aptely belongynge to the
 foure complexions.

THE FOUETH BOKE.

What cruditie is, and remedies ther-
fore. Capitulo primo.



VVIL SOM

What wyte of two dyscras-
yes of the body, whiche do
happē by the excelle or lack
of thynges called not natu-
rall, wherof I haue spoken
before. The oone is callyd
cruditie, the other lassitude,
whyche althoughe they be

wordes made of laityne, hauynge none apte en-
glyshe worde therfore, yet by the definitions and
more ample declaration of them, they shall be un-
derstande sufficiently, and from henceforth vled
for englyshe. But fyrst it shall be necessary, to con-
sider, that concoction is an alteration in the sto-
mache of meates and drynkes, accordyng to their
qualities, wherby they are made lyke to the sub-
stance of the bodye. Crudytie is a vicious con-
coction of thynges receyued, they not beinge hol-
ly or perfectly altered. The cause therof is, some-
tyme the distemperature of the stomake, somtyme
inflammation, somtyme matter congeled, or im-
postumes in the stomake, otherwhyle ingurgita-
tion of meate and drynke: or for the vicious qua-
litye of the same meates or drynkes, or the recey-
uynge therof out of order, or lacke of exercise, or

Concoction
that it is.

Crudytie
that it is.

The cause
of cruditie

of conuenient euacuation. Galene sayth, that in crudite or vicious concoction it must be cōsedyed, as well if the iuyce be vtterly corrupted, and may not be sufficiently concocte, as also if it be in the way of cōcoction, for if it be corrupted, it must be expelled by sweate or vryne, if it be halfe concoct, than muste suche thynges be minystrēd as maye helpe to profyete concoction, hauynge regarde to the qualitie and temperaunce of the iuyce, that is to say, whether it be thicke or thynne, fleumasiepe or choleryke: whiche shall be perceyued by the diet pcedyng, and also by other thynges named not Natural, for fleumatike meates eaten in great quantite or often, maketh fleumatike iuyce. A lyke wyse dothe lacke of conuenient exercise, to moche reste or ydelnesse, as choleryke meates and behement labours do make colerike iuyce in sommer and melancolike iuyce in Autumne, specially where labours be continuall or longe durynge. Als so where labour is with moch sweat, there is the vryne moze gros: where it is without sweat, there is it thynner. Moreover the colour and substance of the vryne, declarith the temperance of the iuyce, whych shall be hereafter declared in the table of vrynes. Semblably the colour of the body declareth the iuyce that is in it, for beyng whiter than it was wont to be, it signifieth abundance of fleume, being moze pale or yelow, it betokeneth excessse of coler, if it be blacker, it signifieth melancoly, if the yll iuyce be moche in quantitie and the blood lyttell, the yll iuyce wolde be dygested and expelled with suche thynges as do serue for that temperature, but if the blood be moche, and the yll iuyce lyttell in quantitie, there wolde the

THE F O U R T H

Wayne be opened, and after sufficient bleedynge,
 & conuenient purgation gyuen, haupnge regarde
 as wel of the quantite of the iuyce, as of the kind
 therof, in case that either for age or for timorous-
 nesse, a man wyll not be let bloudde, than muste
 he be purged by siege in moze abundance: But if
 he in whome is lyttell good bloudde, and moche
 yll iuyce, and feeleth a lassytude or weyynesse in
 all his body, he shulde nether be lette bloudde,
 nor receyue pouigation, nor yet labour or walke
 moche: but abyde in moche quiete, and assaye to
 sleape moche, and receyue suche meates dynkes
 and medicines, whych dothe attenuate or make
 thynne, cutte, and dygest grosse humours with-
 out vehement heate, whercof it is wytten in the
 table of dygestyues: in the number of whome is
 oxymell; beyng wel made, or Acetosus simplex,
 where the iuyce is moche cholerike or melancolik.
 Semblablye capers with oyle and vyneger be
 praysed of Galene. When there appereth in the
 vyne a resydence lyght and whyte, than wyne
 whyte or clarette moderatly taken, helpeth to co-
 coction, maketh good iuyce, and prouoketh vi-
 ryne, than increase frications and exerceyse by ly-
 tell and lyttell, and than let hym retorne to his na-
 turall dyete. In whom is aboundaunce of rawe
 iuyce, and outwardly felcth a lassitude, to theym
 Galene counsaileth, the seconde or thirde daye,
 to gyue Meath, wherin Illope is boyled, and af-
 terwarde to boymye. The mean to escape cruditie
 is to be dyligente in obseruation of the counsels
 before wytten, concernynge the thynges callyd
 not naturall, not moche vsynge meates that be
 hard to concocte, also fatte meate and meates

tes longe kepte, also corrupted or stinkyng, swete frutes, and bankettyng dysches, hasty feedynge without good chewynge, also moche or very ofte drynkyng at meales, very moche heate, or very moche colde after meate.

Furthermore it muste be consydered, that all thynges whiche byngeth grete to the body, is engendred eyther of to moch abundance of iuyce, or of the vycious qualitie thereof. He that is sycke of abundance, the dyete of hym holly consysteth, in reducyng the iuyce to a conueniente quantytie. He that is greued with the vycious qualitie of the iuyces, his order resteth in makynge the iuyces equalle in temperature. More ouer, where that whiche passeth oute of the bodye, is lesse than that, whiche is receyued into the bodye, there hapneth sykenesse, whiche cometh of asbundaunce. In the whiche case it oughte to be dyligently foresene, that there be obserued a conuenient meane of meates and drynkes, in respect of that whiche is expellyd out of the bodye, whiche may be done if the quantitie of ech of theym be wysely consydered. And where aboundaunce is, there the quantitie or qualytie, or both be tempered. Alway remember, that of crude iuyce be diuers kyndes, some be colde and fleumaticke, some be hotte and cholericke, other be more thynne and watry, some of blacke coler or melancolicke. They whiche do abounde in any of them, must absteyn from suche meates and drynkes, whiche doo engender suche iuyces as dothe annoy theym: those meates and drynkes be declared in tables precepyng. It is also wolde, that he shoulde drynke a draught of colde water, affirmyng, that thereby

Actius
mone. 9

THE F O V R T H E

the stomacke beinge corroboreate, dryueth out of
 him downe into the bealy, that which cleueth fast
 to it. **I** my self vsyng to drinke fasting, very small
 biere or ale, whan I haue bene in that case, haue
 founde ease by it. **P**aulus Aegineta wylleth, that
 at the begynnyng, the legges and armes shuld be
 rubbed with a course linnen clothe, the legges
 downewarde to the fete, the armes to the toppes
 of the fingers, and whan they be wel chaused, thā
 to rubbe them agayne with some oyle, that dothe
 open the poores, and dysculse the vapours, as
 oyle of camomyll, oyle of anete, and other lyke.
 he prayseth moche Mulse, or the water of hony,
 specially yf som scope be boyled in it. Galen, and
 all other do agre, that in this case Pepper bruy-
 sed and eaten with meate, is very expedient: And
 where there is moch wynde in the stomake, than
 to eat all tymes of the day of the medicine made
 of the thre kyndes of pepper, time, anyse sede, and
 hony clarified, which is called Diatrion pipercon
 or that whiche is callyd Diaspoliticon, or Dias-
 piganon, whiche is made of cummyne steeped
 one day and a nyght, or lenger, in tarte byneger,
 and after fryed or layde on a burnynge hot stone,
 and made in powder, also pepper and rewe dyed
 somewhat, and made into poulder, all in equall
 portions, and myxt with clarified hony. Galene
 addeth therto salt peter, callyd in latyn Nitrum.
 The confection made with the iuyce of quynces,
 is callyd Diacytoniten, is very excellēt. But it
 is to be diligently noted, that where cruditie is in
 a cholericke persone, there wolde the sayde medy-
 cynes be temperately vled, and the said Diacyto-
 niten, to haue lyttell or no spices in it. And for my
 parte

parte, being of a cholerike humour myxt with
 fleume, many yeres continually in cruditie, I ne-
 uer founde any thyng better than syne Reubarbe
 chewed with raysons of cozens, which I toke by
 the counsaile of the worshipfull and well lerned
 phisition, mayster Doctour Augustyne, who in
 his maners declareth the gentylnesse of his aun-
 cient bloudde, whiche medycyne I doo not leane
 to vse dayly fastynge, whan I fele suche cruditie
 to begynne. Also syrope acetose, that is to saye,
 sugar sodden in pure byneger, and lyttell water,
 vntyll it be thicke as a syrope, is sometyme con-
 uenient, and that as well to cholerike persones,
 as vnto fleumatyke: and yf fleume be aboun-
 dant, than with rootes and sedes of fenelle and
 persely sodden with it. Also in that case Oxymel,
 that is to say, hony and water sodden togyther,
 with the sayde rootes and sedes, and a quantitie
 of byneger put therto in the boylinge, is verpe
 commendable. If the pacient be very colstue, thā
 the medycine of Galene, callyd Hierapicra, frome
 halfe an ounce to an ounce, taken in water of ho-
 ny or ale, or takē in pylls the weyght of a grote,
 and a halfe, or two grotes, if the stuffe be good,
 wyl pouрге the body sufficiente, without ma-
 kyng the body weaker. Alsoo that medycine by
 cleyng the stomake and body, deliuereth a man
 and woman, from many peryllous sychenesses.
 If the humours in the stomake be not putrified,
 but that it is greued with aboundaunce of salte
 fleume, I haue founde that mylke newe mylked,
 wherein is put a quantitie of good hony or sugar
 and three leaues of good spears myntes, and a
 lyttell boyled, so beinge drunke warme fastynge,
 the

gady
for
rubb
much

rofia

famm

THE F O V R T H E

the quantitie of a pynte, and restynge on it, with out eatynge or drynkyng any other thyng the space of the houres after, haue abundantly purged and comforted the stomake, but where there is no fleume, but only choler, it is not so holsome, but rather hurteth, makynge fumosyties in the heed, wherof commeth heed ache.

Of distillations callyd cōmonly Reumes,
and of som remedies agaynste them
right necessary. Cap. 2.

FOrasmuche as at this present tyme in this realm of England, there is not any one moze annoyauce to the helth of mans bodye, than distillations from the heed callyd reumes, I wyl not let to wyte somwhat of them, wherby men may take benefyte if they wyl, although som phisitions, moze consydering their market than their duetie to god and their countrey, wyl be neuer so moche offended with myne honest enterpryse.

Distillation is a droppynge downe of a liquid matter out of the heed, and fallynge eyther into the mouthe, or into the nosethylles, or into the eyes, and somtyme into the chekes and eares, that whiche falleth into the mouthe, is receyued of the throte into that parte, whiche is the instrument, of the voice, which at the fyrst maketh hoysesse and in procelle of tyme maketh the voyce licted, and vneeth to be harde. And yf the reume be tharp, it raseth the inner skynne of the throte, and somtyme it doth exulcerate the lunges. If it doth fall into the stomake, the reume beyng colde, it altereth the bodye into a colde distemperance, if it be

Be hote it maketh a hot distemperature, and both
 sometyne exulcerate in processe of tyme: And as
 the begynnynge abateth appetite, and maketh fee-
 ble concoction. The cold reume, maketh concocti-
 on slowe, and also cruditie, and ingendyeth soure
 fumes in the mouth. If it be corrupted, it tour-
 neth also nourishment vnto corruption, which
 maketh vpbrydnges fūmish or sharp, or of som
 yll qualyte, whiche can not be expulled. If the
 matter do dyscende lower, it tormenteth the guts
 callyd Ieiūū and colon, & toucheth other ves-
 sels, from whens proceedeth digestion. In this di-
 scrasie two thinges are to be prouided for, first to
 lette that the reume do not distyll into the sayde
 places, or if it hath done, that it be shortly expellid
 from thence. First to lette that it shall not distyll,
 it shall be necessary to eate som meate the soner in
 the mornynge, if there hath not preceded repletion.

¶ Where the temperature of all the body is co-
 lterpke, and the stomake is weak, the stomak wold
 be made stronge with suche thynges as of theyr
 propertie do comfote the stomake, forasene that
 they be moderately cold and moyst: And that whi-
 che is all redy fallen into the stomak, must be ex-
 pellyd with vomyt or sieg, prouoked with worm
 wode steeped all one day and a nyght in a lyttell
 small white wyne, or small ale and ale, whiche
 hath vertue onely to wypp away the sylth from
 the stomak, but if it be sucked depe into the filtes
 of the stomake, than is it better to take the medy-
 cine callid Hierapicra, either in powder with dyk
 warmed, or els in pylls, to the number of five or
 six in the mornynge. vi. houres befoze any other
 meate or drynke taken, afterwarde to moynte the
 mouth

THE F O U R T H

mouth of the stomake, with oyle of Mastike or
 Rardinum temperately warme. Alway yf a hote
 reume do falle into a hot stomake, than meates
 and drynkes whych be cold in vertue wold only
 be vsed. Where the stomache is distempred with
 heate, and the reume distylleth into a colde head,
 there is the dyscrasy hard to be cured: And they
 whiche be so affecte or dysleasid, must take suche
 thinges as may dissolue the fleume and clense the
 stomak without heatyng therof, of the whych
 vertue we knowe oymell to be of.

If the stomake and head be bothe distempred
 with cold, than must be vsed meates drynkes and
 oymntes, whiche onley be hotte, and vtterlye
 to forbeare all that is colde.

By these distillations or reumes hapneth ma-
 ny other greuous diseases, besides those wherof
 I haue spoken, as in the heed whyzlynges, called
 in latyne Vertigines, sodayn soundynges, fallyng
 syknesse, possis, stinkyng of the nose, callyd Poly-
 pus, sores in the mouth, tothe ache, pynne & twch
 in the eies, dulnesse of hearyng, quynces, frettyng
 of the bowels with flyres, shortnes of breathe,
 grieve in the harte, palseys, ache in the muscules
 and ioyntes, wherfore it is not to be neglected.
 And I doo moche meruayle, that our physitions
 do not moze studiously prouyde therfore remedies.
 I my selfe was by the space of foure yeres
 continually in this dyscrasy, and was counsailed
 by diuers phisitions to kepe my heed warme, and
 to vse Diatrien piperion, and suche other hotte
 thynges as I haue reherfed, at the last felyng my
 selfe very feeble, and lackyng appetite and slepe,
 as I hapned to reade the booke of Galene De rem-
 peras

peramentis, whiche treateth De inequali temperatura, and afterwarde the. vi. boke, De tuenda sanitate, I perceyued that I had ben longe in an errour. Wherfore fyrste I dyd throwe away my guylted cappe, and my other close bonettes, and onely dyd lye in a thynne cōfse, whiche I haue euer sens vsed bothe wynter and Sommer, and ware a lyght bonette of veluette onely, thanne made I orymelle after the doctryne of Galene, sauyng that I boyled in the byneger rootes of persely and fenell, with endyue, cykoype, and betayne, and after that I hadde taken it thre days continually, every day thre sponesful in the mornynge warme: than toke I of the same orymell, wherein I had infused or steeped one dramme of Agarike, and halfe a dramme of fyne Reubarbe, the space of.iii. dayes and.iii.nyghtes, whiche I receyued in the mornynge, eatynge no meate. vi. houres after, and that but a lyttell brothe of a boyled henne, wherof ensuyd. viii. stoles abundant of choler and fleume: soone after I slepte soundly, and had good appetite to eate, after supper I wolde eyther eate a fewe colyander sedes prepared or swallow downe a lyttel fyne mastix, & forbear wyne, and dranke only ale, and that but lyttell and skale, and also warmed. And somtyme in the mornynge wolde take a parfume of Storax calamita, and nowe and than I wolde put into my nosethylls eyther a leafe of grene laurel, or betayn, or water of maioriam bruised, which caused the humour to distyll by my nosethylls. And yf I lacked storax, I toke for a parfume the ryndes of olde rosemary and burned them, and helde my mouth over the fume closynge myne eyes, afterwarde

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ward to comfort my stomake and make it ströge,
 Comtyme I wold eat with my meat a lytle white
 pepper grosse bruyled, Comtyme Galens electua-
 ry made of the iuyce of quynces, callyd Diacyto-
 nites, Comtyme marmalade of quices, or a quince
 rosted. And by this diete I thanke almyghty god
 vnto whome onely he gyuen all glozy, I was re-
 duced into a better state in my stomake and heed,
 than I was. xvi. yeres before, as it may appere
 vnto them, whiche haue longe knowen me.

And this haue I not wrytten for bayngloye or
 of presumption, but to the intent that they whi-
 ch haue their bodies in like temperature as myne
 was, that is to say, being colerike of complexion,
 and haupng reumes fallng out of a hotte heed,
 may if they lyst assaye myne experience, or in the
 stede of my sayd infusion, take Hierapicra, with
 ale or water to purge them, wherof shall not en-
 sue so moche peryll, as of corrupted syropes, and
 other confections callyd Magistrales, made with
 olde rotten drugges, though the physitions be
 neuer so well lerned. In bodyes of other tempe-
 rature, I wolde not that myne experience shulde
 be practised but with dyscretion, tempyng the
 medicine, as the qualities of the stomak and heed
 do requyre, remembryng alway, that hot reumes
 be thyn and subtyll, colde reumes be for the more
 part thicke. Also that they whiche be thyn wolde
 be made thicke, that they perce not so faste. And
 that they whiche be thicke, wolde be made thyn
 that they may the sooner be purged. Fynally this
 haue I affirme, that the reumes, whiche of late
 tyme haue ben more frequent in this realme, than
 they were wont to be. xl. yeres passed, haue hap-
 ned,

hed of none occasion more than of bankettynges
 after souper, and drynkyng moch, specially wine
 a lyttell afore slepe. An other thyng is the keepyng
 the heed to hotte oz to longe couered, wherby the
 brayne whyche is naturally colde, is distempered
 with hotte vapours ascendynge from the stomack
 those same vapours beinge lette to euaporate oz
 passe forth out of the heed, and therfore be con-
 crete oz gathered into humour superfluous, whi-
 che styllleth downe eftsoones out of the heed into
 the places before rehersed. Yet nowe a dayes if a
 boye of. vii. yeres age, oz a yong man of. xx. yeres,
 haue not two cappes on his hed, he and his fren-
 des wyl thinke that he may not continue in helth.
 And yet if the inner cappe be not of veluet oz sat-
 tyn, a seruyng man feareth to lose his credence. A
 person bycar oz paryshe prest, by vsunge theyr
 veluet cappes embrowdyed with laces, do make
 some men thynke that they be ashamed of theyr
 crownes, that reuerend token of the order of prest
 hode, the which notable abuse, I moch meruayle
 that the bishoppes wyl suffer, specially they whi-
 che haue hadde leysure to reade the warkes of
 saynt Cypriane, saynt Hierome, Chrysostomus,
 saynt Ambrose, & sundry decrees made by the old
 fathers, concerning the honest vesture of prestes,
 whiche althoughe it seme a lyght matter to some
 men, yet it augmenteth oz minissheth not a lytel in
 prestes, the estimation of their conditions. Bas-
 tounson confirmynge the same, sayenge: The gara-
 ment, the gate, and laughter of a man declareth
 what he is. But this matter wyl I leaue to an
 other place, where I intende to speke more abun-
 dantly of it, if it be not the sooner amended.

THE F O U R T H

Nowe to conclude, as longe as the sayde occasyons contynewe, soo longe men shall not be without reumes, although they were all perfyte physicions.

By what tokens one may knowe whether the stomache and heed be hotte or colde.

Now to return to the remedies against the sayd annoyance, wherof hapneth so many great sykenesses, I wyl be bolde to wyte a lyttell out of the warkes of the mooste famous and experte physicions. Fyyste the cause of the reume muste be dygested, after expelled, thys dydy dyuerted, that is to say, tourned frome the eyen or throte, into the nose, from whence it maye be more easly poured. Fourthely it maye be stopped, that it shall not destylle. In hotte dyspyllations the heed is very hotte in feelynge, the reume being in the mouth is thyn and warme, the tonge or chekes within blystered, the face somtyme redder than it is accustomed to be, somtyme a burrynge within the nose. To theym whyche haue this hotte reume, may be gyuen the seide of white poppy, Diacodion made of the hedes of white poppy and rayne water, Amylum with mylk, if there be no feuer, pendees, malowes, orage, gourdes, & spynage, boyled & eaten with oyle of almondes, sicke of violettis, nemphar or the wyne of swete pomegarnates, the waters of a greate cucumber, boyled with a lyttell sugar, beyng drunke, dothe mitigate coler, stoppeth the reume, and easly lowserth the belly, the sedes of melons brayed in a moy

Set with water, and strayned with soft bread, ha-
 uynge sugar putte to it, maketh an excellent good
 meate agaynst the hot reumes, playsters made of
 barley brysed, violettis, poppy, and camomyl boy-
 led in water, wherin sponges or linnen clothes be-
 ing deyt, shuld be layd on the hed, and the genitos-
 ries or legges therewith washed. If the syck man
 can not slepe, than the sayd partes with the bealy
 and fundement shal be noynted with the oyles of
 vyolettis & Hemiphar, the sauour of Camphar
 in rosewater with vyolettis is good in that case.
 Galen exhorteth and I haue proued, that in a ve-
 ry hotte reume, whiche hath styld fast, the pow-
 eryng of colde water in vpon ones hed hath stynt-
 ed the reume. He that is therin diseased must ex-
 chewe going in the sonne, or to come nigh a great
 fyre, or to stande or be longe couered, or to weare
 anoche on his hed, he must rest moch and prouoke
 hym selfe to slepe a nyght, but not very long and
 to lye on the one syde on a harde bedde, hauynge
 his head hyghe, also rubbynge of his legges be-
 fore meale is very holsome. Colde reumes be per-
 ceuyed by coldnesse of the humour and hed with
 palenesse of the bylage, all colde thynges increas-
 syng the reume. These thynges ar good agaynst
 it, the decoction of cyter with hony and raysons,
 sylberd nuttes tosted eaten after meales, nothing
 is more holsome than abstynence, specially in the
 enemyng, they whyche haue it muste beware of
 Northerne wyndes, the mone thync by night, was-
 shyng in colde water, and to be long barehedded.
 The sedes of Nigella a lytell tosted and putte in
 to a pyece of thynne sarcenet and smilled vnto,
 Oppeth the reumes.

James
 B. R. K. 16
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The spongye in the begynnyng of the reume is dysprayed of Galen, but after that the matter is digested, it is verye hollesome: that maye be made with leaues of laurell or betayn put into the nose thrylles, the iuyce of colewortes, the rotes of red beetes, water of Maioram. A pretty medicine for that purpose proued. The iuyce of yonge betes and Maiorame of euerych one ounce, good white wyne. iiii. ounces, saffron the weyght of. ii. pence, that being hette and taken in the mouth, shall be drawen by with bryeth to the place, wherby the distillation falleth out of the nose into the mouth. And yf the reume do destylle into the cheekes and teeth, I haue proued that the iuyce of ground iuy, and that herbe whiche we call Mouse eare, taken withyn a quyll into the nosethrylles, oftentymes purgeth exceedingly the reume, and taketh away the ache of the teethe.

Gargarysyng, if it be not discretely vled, may do more harme than good, byng downe moche abundance of matter vndigested, but taken in order with water hony and pepper, or with Alope and fygges boyled in white wine, and taken very hote in a gargaryse is ryght conuenient.

For compassyon whiche I haue of them that be vexed with toth ache caused of reumes, I will by the leaue of phisitions conclude this chapyter with an excellent medicine against the said passion, which is wryten of an honorable phisition of last yeres, whiche medicine also maketh tethe fast, whiche be louse, and also stoppeth the superfluous bledying of goumes, wherewith the bryeth is made vnlaurye. Take the ryndes of Caper rootes, the rootes of byzembles, whiche doo beare blash
bearyes

bearyes, the floures of pomegranates calld Ba-
lausia, of euery of them, the weyght of.ii. ducates,
pelytorie of Spayn one ducate, sede of white
henbane, the ryndes of mandrage, of euery of
them one ducate and a halfe, spourge of the gar-
deyn one handfull, alume of the roche.ii. ducates,
boyle all this in white wyne or clarette, whych is
very rough in taste, and strayne it, therwith lette
the patient oftentymes walthe his mouth. Albeit
I wyl counsaile them, whiche wyl take this me-
dicine or any other, fyrste to pource the cause of
the reume, as before is reherced, or in any other
wyse, as they shall be counsailed by wellearned
and discrete phisitions.

Of Lassitude. Cap.iii.

Lassitude is a disposition towarde syknes,
wherin a man feleth a soynenes, a swelling
or an inflammation. Soynenelle happeneth of
humours sharpe and gnawynge, as after greatte
exercyse and labours, whyche lassitude hapneth
to theym, whose bodyes are full of yll iuyce and
excrementes. Also after cruditie in them, which
are not exercysed, or do abyde longe in the heate
of the sonne. It may also be in the body, wherin
is good iuyce, yf he be fatygate with immoderate
exercyse. In them, whiche do fele this lassitude,
the thynne appereth thicke and rough, and
there is felte a grese sometyme in the thynne one-
ly, sometyme also in the fleshe, as it were of a
soore. The cure therof, is by moche and plesant
eattyng, with sweete oyles, whiche haue not
the vertue to restrayne or close, and that with ma-
ny

Actis.

Galen.
tu. sani
lib.5.

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by handes, and afterwarde to exercyse moderately, and to be bayned in water sweete and temperate in heate. also than must be gyuen meates of good wyce, potage but selde, wyne is not to be forbidden, for vnto wyne vneth any thyng maye be compared, that soo welles dygesteth crude humours, it also prouoketh sweatte and bryne, and maketh one to sleape soundly. but yf this lastlynde do abyde the nyght and daye folowynge, or waxeth more and more, than yf the pacient be of good strength and yonge, and hath abundance of bloude, let hym be lett bloud, or prouoke the hemoroides or piles to blede, if they do appere. But yf it procede of the malice of any humour, without abundance of bloude, than resorte to purgations, apte for the humour that greueth. The tokens wherof, shall appere as wel by the colour of the skynne and diete pcedynge, as by bryne, ordure, sweatte, thyrst, and appetite, as it is resherfed before in the complexions. If the yll bloud be lyttell in quantitie, and the crude humours abundant, than shall he not be lette bloude, nor vehemently purged, neyther shall exercyse or moue hym selfe, nor be bayned. for all exercyse carryeth humours throughtout all the body, and stoppeth the powers. Wherfoze these maner of persones shoulde be kepte in reste, and suche meates dyuaries and medicines shulde be gyuen to them, whiche shulde attenuate or dissolue the grossenes of the humours, without notable heate, as ozymell, barley water, and mulse, yf the pacient abhorre not honye. And forasmuche as in the sayde personnes, commonly there is abundance of wynde about their stomaches, therfoze pepper, specially longe

longe pepper, oz whyte, is very conuenient to be vsed, and the medicine befoze wrytten, callyd *De aspoliticum*. Whan the humours are dyssoled, than is it good to drynke whyte wyne, oz smalle clarette wyne moderately.

C lassitude extensyue. Cap. liii.

V Whan one thynketh that he doothe fele a swellynge oz bollynge of the body, where in dede there dothe not appere in syght oz touchynge any swellynge, that is callyd lassitude extensyue, if it hapneth without exercyse oz vehement mouyng. This dothe happen of excessive multitude of humours, whyche doo extende the muscules oz syllettes. In this no sozenesse is felt, but onely an heuynes with extention oz thurstyng out of the body. And bycause that there is abstinence of bloude in the body, best remedy is to be letten bloude about the elbowe oz ancle, after to be purged, than to vse softe fryscales with oyles afore reherfed, afterwarde moche rest and temperate bathes, and meates lackyng sharpenesse, and beinge abstersiue.

C lassitude with the felynge of inflammation. Capitulo. v.

I f without any mouyng, the muscules and fleshe ryse vp in the body, as it swelled, with great pynes and excedyng heat, tha sone after foloweth most hottest feuers, except it be prouented by lettynge of blud and that in abundance, and almost to slowning, but it were moze sure to be let bloud twyse in our day, the fyrste tyme withoute

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Lowynge, at the nexte tyme Lowynge is not to
 be feared. If the grieve be in the necke or heed,
 the bloudd muste be let of the vayne callyd Ces-
 phalea, or the Shulder vayne. If it be in the bulke
 or uppermoost parte of the body, than muste the
 vayne be cut, whiche is callyd Basilica, or the in-
 nermoste veyne. If all the body be greued, than
 cut the vayne whiche is named Mediana, or the
 myddel veyne. If a feuer remayne after bloude
 lettyng, than order hym with the diete of theym
 that haue feuers, whiche ye shall fynde wyttten
 hereafter. If noo feuer remayne, than vse mode-
 rate frycalyses, and lytell eatyng, and that of mea-
 tes haupnge good iuyce, increacyng by lyttel and
 lyttel to the naturall diete.

Dyete of them that are redy to fall in
 to sykenesse. Cap. vi.

Nowe to retorne estones to speke of diete,
 it is to be remembred, that they, which are
 redy to fall into diseases, they are prepared
 ther vnto, eyther by repletion of superfluous hu-
 moirs, or els by cruditie or malysce of humoirs, whi-
 che are in them. As touching the fyrst, the general
 diete must be suche, as therby the humours maye
 be attenuate, & by couenient euacuation, brought
 to a moderate quantitie. As for the seconde muste
 be corrected with meates and drynkes of contra-
 ry qualities, haupnge alway respect to the age of
 the person, tyme of the yere, place of habitation,
 and mooste specially the vniuersall complexion: for
 choler offendyng in an olde man, in wynter tyme
 in a colde countrey, or the personne beyng of his
naturall

Naturall complexion, sicumatike or melancolpe, wolde not be soo aboundauntly expulsed or subdewed, as if it be in one yonge and lustye, in the hotte sommer, in the countreys, where the sonne feruently burneth, or the persone of his proper nature is verpe colerycke. And in lyke wyse contraye. Wherefore euerye man, knowynge his owne naturall complexyon, with the qualitie of the humour that offendeth, lette hym make temperance his chiefe coke, and remembrynge that whych I haue before declared, or dayne to hym selfe suche dyete, as maye resourme the offence with none or lyttell annoyance, to his vniuersall complexion. And yf he can so do, he shall happily escape, not only dyuers sykkenesses, but also the most pernicious danger, procedynge of corrupted drouges or spyes, wherof some couetous potycaries do make medicines, maugre the heedes of good and well lerned phisitions.

C Sykenes mooste commune to partycular tymes of the yere and ages. Cap. vii.

Although I do not intend to wyte of the cure of egritudes or syknelles confirmed, aswel bicause it mought be reputed in me a great presuption, as also forasmuch as it were very peryllous, to dyuulgate that noble science, to commune people not lerned in lyberalle sciences and philosophy, which be requyred to be sufficiently in a phisition. And moreouer, many bookes of Hippocrates and Galen ought to be radde, before that one do take vpon hym the generall cure of mens bodyes, yet not withstādyng I trust

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I may without any note of arrogauce wyte, what dysleales do moſte cōmonly happen in ſundry tymes of the yere and ages of men and women, with ſome ſignifications, whereby the dyscrasy or diſtemperature of the body is perceyued, to the intent that the phyſition being far of, may be truly informed, conſyderynge that vrines far carryed, do often deceyue them, and likewyle lacke of the ſyghte of the pacient, and inquiſition of thynges, whiche do precede or folowe the ſykneſſe. And with this I truſt none honeſt and charitable phyſition wyll be offended, but rather gyue to me thanks for my diligence, in the aduauuncynge of theyr eſtimation, whiche by lacke of perſytte inſtruction hath ben appeared.

¶ Dyſkenelles of ſprynge tyme.

¶ Dyſleales procedynge of melancolye, as madneſſe, fallynge ſykenelle, bleedyngeſ, quynres, poles, hooſenelle, cowghes, leppes, ſcabbes, ache in the ioyntes.

¶ Dyſkenelles of Sommer.

¶ Many of the ſayde dyſleales, alſo feuers cōtynuall, hotte feuers, feuers terciane, quartaines, bomytes, flyres, watrynge of eyes, peynes of the cares, blyſters and ſoores of the mowthe and ſweattyngeſ.

¶ Dyſkenelles of Autumne.

¶ Dyners of ſomer ſykenelleſſe, alſo oppilation of the ſplene, dropſyes, conſumptions, ſtrangulations, coſtiuenelle, ache in the huckle bones, Hoxteneſſe of wynde, frettyng of the bowelles, fallynge ſykenelle, and melancolyke dyſleales.

¶ Dyſken

Syckenesses of wynter,

Coughes and greses in the sydes, inflammation of the lunges, reumes, coughes, peynes in the brest, sydes, and loynes, heed ache, and palseyes.

Syckenesses hapnyng to chyldren.

When they be newe borne, there do happen to them sores of the mouth callyd Aphte, vometyng, coughes, watchynge, fearefulnesse, inflammations of the nauell, moysture of the eares.

When they bryde tethe, ychynge of the gummies, feuers, crampes, and laskes.

When they waxe elder, thanne be they grieved with kernelles, opennesse of the mould of the heed, thornes of wynde, the stone of the bladder, wormes of the bealy, waters, swellynge vnder the chynne, and in Englande commonly purples, measels, and small pockes.

Syckenesse hapnyng to yonge men from xiii. yerres of age.

Feuers cotydiane, tercyane, quarteyne, hotte feuers, spytynge or vometyng of bloud, pleuresies, dyseases of the sydes, inflammation of the lunges, lethargies, franke, hotte syckenesses, choleryke passions, costyuenes or vehement laskes.

Syckenesses of age.

Difficultie of breathe, reumes with coughes, strangulyon, and difficultie of pyllynge, ache in the ioyntes, diseases of the ragues, corymoringes in the heed, palseyes, ychynge of all the bodye, lache of sleape, moysture in the eyes and eares, dulnesse of syght, hardnesse of hearing, tisyknes, or thornesse of breathe.

Although many of the sayd syknesses do happen

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pen in euery tyme and aegē: yet bycause they be most frequent in the sayde tymes and aegēs, I haue wytten them; to the intent that in the ages and tymes moste inclyned vnto them, suche thinges mought be than eschewed, whiche are apt to engendye the sayd dyseases.

The generall significations and tokens of Sykenesse. Capit. viii.

If the bodye be hotter, colder, moyster, dryer, leaner, fuller, the colour moze pale, or swarte, the eyes moze holow than is accustomed to be, it signifieth that the body is disposed to syknes, or alredy syke.

The brayne syke.

Rauynge.

Forgetfulnesse.

Fantasie.

Humours cōmynge from the rouse of the mouthē, the eyes, the nose, or the eares.

Watche.

Sleape.

The harte syke.

Difficultie of breathe.

Tremblynge of the harte.

Beatynge of the pulse.

Feuers.

Coldē.

Diuersytie of colours.

Griefe about the harte.

Lacks

Lacke of abundance of humours.

The form of the body altered & balenesse.

Concoction.

The lower Sycke.

Digestion.

Alteration of excrements as accustomed.

Peyn in the place of the liver & wellynge.

Difficultie of breath.

Concoction, slow or quick.

Appetite of moyste or drie, dulle, or quicke.

Separation of excrements moyste or harde with theyr colours.

The stomack Sycke.

Yerpinge. Belkynge.

Clometing with peyn and difficultie of breath.

Urine moch or litle with the colour and substance to redde or to pale, to thicke or to thynne.

Difficultie of breath.

The breast.

Coughes.

Spytting.

Peyne in the breste.

¶ This haue I wytten, not to geue iudgement therby, but onely for the pacient to haue in a redynesse, to thintent that what so ever he feleth or perceyueneth in euery of the sayde thynges, therof

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to instructe his phisition, wherunto he may ad-
apte his counsaile and remedies.

¶ Of vrines. Cap. ix.

Foasmoch as nowe a days the most comon
iudgement in sykkenes is by vrines, whichs
being far caried oꝝ moche meued, oꝝ standing
longe after that it is made, the fourme therof is
so altered, that the phisition shal not perfytylly per-
ceyue the naturall colour, noꝝ contentes, although
it be neuer so well chaufed at the fyre, as Actua-
rius and other great lerned men do affirm. I will
therfoꝛe somewhat speake of vrines, not so moch
as a phisition knoweth, but as moch as is neces-
sarpe to euery man, foꝛ to perceyue the place and
cause of his grieve, wherby he may the better in-
structe the phisition.

¶ First in vrine, foure thynges are to be consy-
dered, that is to say, the substance, the colour, the
regions oꝝ partes of the vryne, and the conten-
tes oꝝ thynges therein conteyned.

¶ Also foꝛasmoch as in the body of man be foure
qualities, heate, colde, moysture, and dryth, two
of them, heat and colde, are causes of the colour,
dryth and moysture are causes of the substance.

¶ Moreover in vrine, being in a vessell apt ther-
vnto to be sene, are thre regions. The lowest re-
gion in the bottom of the vrynell, conteynyng the
space of two fyngers oꝝ lyttel more. The myddel
region, frome whence the lowest ended vnto the
cerkle. The hyghest region is the cerkle.

¶ The hyghnesse of the colour signifieth heate:
the pale, blacke, oꝝ grene, signifieth colde.

Also

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Also the grossenes or thychenelle of the vynes
signifieth moysture, the clerenes or thynnelle, sy-
gnifieth drythe.

The colours of vynes.

Colour of bryght golde. } Perfyte dyges-
Colour of gyfte. } syon.

Red as a red apple or chery. }
Pale redde, lyke to bole ar- } Excesse of dyges-
menake, or saffron dye. } syon,
Redde glowyng lyke fyre. }

Colour of a beastes lyner. }
Colour of darke red wyne. } Abusyon of hu-
Grene lyke to colewoytes. } mours.

Leadde colour. }
Blacke as ynke. } Feblenes or mortificatiō of
Blacke as hoine. } nature, excepte it be in pur-
gynge of melancoly.

Whyte clere as water. }
Gray as a hoine. } Lack of dygestion
Whyte as whay. }
Colour of a camels heare. }

Pale lyke to brothe of } The begynnynge of
fleshe sodden. } dygestion.
Citrine colour or yelow. } The myddell of dy-
Subcitrine or paler. } gestyon.

Whyte and thynne betokeneth melancoly to
have domynyon.

Whyte and thicke signifieth fleume.

Redde and thicke betokeneth sanguine.

Redde

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Redde and thynne betokeneth choler to haue
the Souerayntie.

¶ The Substaunce of the brine. Cap. x.

A ¶ The fyrst pissyng, all brines well nyghe
do appere thynne, as longe as they abyde
warine. for naturall heate, durynge the
tyme that it pꝛeuaileth, suffreth not that the ly-
cour, whiche is the substance of the brine, to co-
gele oꝛ be thicke for any occasyon: but after that
heate is goone, somme brines shortly, somme
a longer tyme after, waxe thicke. Alike some
tyme, some are pylled thicke, and after waxe
cleere, some remayn styll as they were made, some
be metely thicke, as they were troubled, some
very thicke and grosse. They that waxe cleere,
sone do gather that, which is thicke into the bot-
tome of the brinall: some remayne troubled, the
grossenes not withstanding gathered in the bot-
tome. Semblably the dyuersitie of thynne oꝛ sub-
tyll brines, must be perceyued, that is to say, that
some are very subtyll as water, some lasse subtyll,
some in a meane betwene thicke and thynne.

¶ Of thynges conteyned in the brine, some doo
descende downe to the bottome, and be callyd in a
greke word Hypostasys, in englyshe some call it
the groundes, some the resydence, whiche if it be
white, light, rysyng vp, from the bottome of the
brinall, like a pearre, it sygnifieth helth, if it be of
any other figure oꝛ coloure, it betokeneth some a-
noyance. If lyke thynges be sene in the myddel
of the brinall, they be callyd Sublations, yf they
approche vnto the hyghest regyon of the brine,
groundes

The groundes of residences not perlyse, some is lyke lyttell redde betches, and is callyd in latyne Tropa, some is lyke to branne of wheat ground, and seuered from the meale, and is callyd branny residence, in latyne Furfurea, some be lyke vnto plates, hauing bredth and length without thynknes, and maye be named platye residence, in latyne Laminea, some is lyke to meale, wheate, or barley, and maye be named mealy residence, in latyne Similacea.

There is also sene in the brine lyke to whyte heares, some longer some shorter. Somtyme like to ragges, some what redde. There is also sene in the hyppermoste parte of the brine, somtyme a some of froth, somtyme belles or bobles, somtyme there swymmeth in the brine a thyng lyke a copwebbe, otherwhile there is aboute the cerkle, as it were the rentynge of clothe, somtyme there is in the brine lyke mores of the sonne, somtyme lyke the matter of a soore, otherwhile lyke the seede of a man, also grauelle or sande. And in these thynges may be dyuers colours, some whyte, some redde, some betwene bothe, some yelow, some graye, and some blacke. All this muste be diligently marked, and therof separatly to aduertise the Physicion, vnto whom I referre the iudgement of the syknes, for the cause afore rehersed, and for as moche as the iudgement of them is very subtille.

Semblably of ordure, whyther it be very thyn or very thicke: what other matter yssueth out with it, what colour it is of, the cano very greatly tell or none, yf it were easily expulsed, or pynfully, howe oft or howe seldome.



Boys

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Moreouer of Sweate, what colour it is of, and of what sauer, if in tastynge it be salt, sowre, bitter or vnswete.

Also the vomyte if it be of one colour or many, if it doo smelle horribly, of what humour it had most aboundance, yf it were fastynge, or after meales, yf it were peynesfull or easy.

Lykewyle spettyl, whether it be thicke or thyn or myxt with blood, or mater corrupt accordyngly of the humour issuyng out at the nose, and yf that be bloude, than whither it be redde, watry, or blacke.

Moreouer, it may not be forgotten, to aduertise the phisition of the diet vled by the patient, as well afore the sykenesse, as in the tyme of the sykenesse, his age, the strength of his body, his exercise, and place, where he lengest abode in his youth, whether it were hye or low, watry or dry, hotte or colde.

This I trust shall be sufficient, to instructe a phisition: he that desyreth to knowe more particularly hereof, let hym rede the booke of Hippocrates, Galen, Corneli^{us} Celsus, Actuarius, Paulus, and dyuers other late wyters, for this lytle treatyse may not receyue it.

The preceptes of the auncient phisition Dioles vnto kynge Antigonus. Lap. xi.

V We wyl nowe diuide the body of mā into foure partes, the heed, the bulke, callyd in latyn thorax, whiche conteyneth the brest, the sydes, the stomake, and entrayles. The bely, callyd

In latyne venter, conteyneth the panche and the bowels. Also the bladder, callid in latin vesica, in the whiche name is also conteyned the cundytes, by the whiche vrine passeth. Whan any dysleafe approcheth to the heed, these tokens do comonly precede, Swymmyng in the heed, head ache, heuy-nes of the browes, soundynge in the eares, pyrc-kynges in the temples, the eies in the mornynge do water, or wake dymme, the smellynge is dull, the gummies do swelle. Whan thou feelest suche tokens, forthwith poufge the heed with somewhat, not with vehemente medicynes, but takynge Islope or Organū, and the croppes of them boyle with whyte or clarette wyne halfe a pynte, and therewith gargaryse your mouthe fastynge, vntyll the fleume be purged out of youre heed, this is the easpest medycine in discrasies of the heed. It is also very holsome to gargaryse the mouth and brest with hony water, whereinto mustarde is put and myngled, but fyrst the heed must be rubbed with a warme clothe, that the fleume maye easly come out of the head. And if these tokens be neglected, these maner of sykkenesses doo folowe soone after, blearyd eyes, and humour lettyng the sight, cleftes in the eares, swellinges in the necke full of matter, callid the kynges eoyll, corruption of the braynes, poses, or reumes, heuy-nes of the heed, and toothe ache.

¶ Whan the bulke is like to suffer any sicknes, it is perceyued by these tokens, all the body is in a sweate, the bulke most specially, the tunge waxeth thycke, the spettyl is eyther salt or bytter, or choleryke, the sydes and shoulders do ake with-
out any occasyon, the parpent gapeth often, also

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There dothe happen moche wakynge, suffocatio-
ons or lacke of bryeth, thirste after slepe, the mynd
is vexed with heuynesse, also the breste and ar-
mes are very colde, and the handes doo tremble.

Agaynst these thinges this remedy may be pro-
vyded. After a moderate soupper, assaye to vo-
myte without any medicine, vomyte is also pro-
fyttable, whiche meate dothe folowe. He that in
vomyt suche wyse wyll vomite, let hym eat hastily smal
radyshe rootes, towmherbes, rokat, synuy, or
purflane, and drynke after it a greate quantitie
of warme water, and prouoke hym selfe to vo-
myte. He that setteth lyttell by the sayde tokens
lette hym feare these sykenesses solowynge, the
pleuresie, the syknes of the lunges, melancolye
or madnes, sharpe feuers, the franse, the letar-
gy, inflammation with peryng.

bealy **I**f any sykenesse be towarde the bealye, they
may be espyed by these tokens, the bealy is fyrste
wapped togyther, and in it selfe is troubled, all
meates and drynkes doo seeme bytter in taste, he
feelethe heuynesse in his knees, a styffenes in his
loynes, a wearynesse in all his body, withoute
any occasyon, a slepynesse in his legges, with a
-lyttell feuer, whan thou felest these tokens, mol-
lyfye the bealye, not with medycyne, but with
good order of diete, for it is beste and moste sure
to vse those thynges, wherof lyghtly may ensue
none annoyauince, in the noubmer of theym are
betes boyled in water of honye, garlyke sodden,
malowes, sozell, mercurpe, and all thynges con-
dyte in honye. All these doo expelle the ordure of
the bealy, but yf any of the sayde sygnes dothe
more and more increase, the lyquour, wherin the
sede

seede of Carthamus, callid also Cnicus, is boyled, is a pleasant and sure medicine, small colicwoytes boyled in a good quantitie of water, the lycour therof in measure. ii. pyntes, sauynge the thirde part of a pynt, with hony and salte beyng drunken, shall prosypte moche. Cicer, and the pulle calld in latyne cruum, in englyshe (I suppose chyttes, in water drunke fastyng, hath the same effecte. To them, whiche sette littell by the sayd tokens, these dysseases do sodenly happen, fluxe of the bealy, bluddy flux, clyppernes of the bowels, peynes in the guttes, ache in the huckle bones, the feuer tercian, the gowte, the apoplexie or palsey in the lymmes, hemorroydes, akyng of ioyntes.

¶ When the bladder is towarde any sychenes, *y^e old* it is perceyued by these tokens, fulnesse felt after lyttell meate, breakyng wynde downeward and bpwarde, palenesse of colour in all the bodye, heuy or troublous slepes, the brine pale, and palsyng forth peynefully, swellnges about the coddes and pynny membyes. When these tokens appere, than is it expedient to haue remedy of odoriferous thynges, whiche do expelle vryne, whiche shall be done without any peryll with the rootes of fenell and persely steeped one or two dayes in good white wyne, and to drynke therof fasting every mornynge thye ounces and two drammes, with the water of wylde catcttes, or elycampane, whiche of these is nexte at hande, euery of them haue lyke effecte. Also water wherin the peasyn called in latyne Ciceris, are steeped, beyng drunk with wyne, is lyke commodypous: he that neglecteth the sayd tokens, let hym loke for these synneselles folowynge, the dropsye, the greatnesse of the

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the greatnes of the splene, grief in the lyuer, the stone, ache of the backe, or peynes in the raynes, the difficultie of vrine, fulnes of the bely. In all these thynges that we haue spoken of, we shall gyue to chyldren mooste easy medycines, to men, chole whiche be stronger in workyng.

This dyete of Diocles, although at this tyme it seemeth not most pleasaunt, nor accordyng to the practyse now vsed, yet beinge tempied with that, which I haue before remembred, som thing may be found in it, which beinge experienced, may be as commodious for the helth of mā's body, as that dyete whiche is more curpous or pleasaunt.

Of them in whose stomakes meate is corrupted. Cap. xii.

They in whom customably meate is corrupted, let them afoze that they eate any meate assay to vomite, drynkyng swete wyne, abstepn from meate, that ingēder hotches, inflammations, fumous ructuations or vapours, and take suche as norythe good iuyce, and chole them out which do mollify the bely, & at sundry times take them. It is also good to take tēperatly that whiche lousith the bely, as the medicine callid Picra, and to absteyne from suche thynges, wherby yll iuyce is gathered, and do ingender sykenelles, harde to be cured or neuer, as gowtes, bonache, peynes of the raynes, &c.

Of the vertue of meates. Cap. xiii.

He that is studypous about the conseruatiō of helth, he nedeth to know the vertue of meates. The great whiche hath vertue to

to extenuate, or make humours subtyl, it openeth the poores, and byngeth forth that whyche is faste in the fleshe, it maketh that which is clammy, subtyll, and doth extenuate, or relente that whyche is fatte, it byngeth forth that whyche abydeth longe in the bealy, but that which is eaten, is a superfluite watry and coleryke, and at length maketh melancolyke bloudde. Wherfore moche vsyng of them is prohybited specially to them that are coleryke, and only serueth for them that are replete with fleume, crude, or vndigested humours, clammye, or fatte. The dyete of fattyng thynges, doth nouryshe abundantly, soo that the stomake and lyuer do dygest well, meate of good wyce, maketh good bloud, but yet it stoppeth the lyuer and splene. These do they, whiche make fat humours only, as the pulse callyd Lencicula, and they that are clymy like malowes, some do make fatte humours, and be also clymye, as fyshes with harde shelles. fynally the dyet, whiche dothe extenuate and make leane, is more sure for keepyng of health, than that whiche fattereth moche. Nouryschyng meates wolde be therfore moderately vsed, whan a man perceyueth hym selfe to haue nede therof, it may be moste surely vsed of them that be exercysed temperately, and can slepe whanne they lyst. They that can not sleape by reason of exercyse, lette theym eschewe fattyng meates, lette none ydell person attempt to vse theym. In the preservation of health, sluggardye is the greatest myschefe. Lyke as temperate mounge is good, soo is the meate whiche betwene thicke and thynne, is to mannes helthe most conuenient, which ingendyeth blode.

THE FOURTH

accoꝝdyng to the competent constitution of man's body, and therfoꝛe is it to be chiefly vsed. Mead of yll iuyce is alway noyfull, wherfoꝛe it oughte to be eschewed. Likewyse the varietie of meates is to be obserued diligently, foꝛ it is a great thing to couple well togyther thynges of contrary vertues, foꝛ if they be not well digested, that which is receyued, may byynge displeasure.

¶ A diete preseruatiue in the tyme of pestilence. Cap. xiiii.

The bodyes most apt to be infected, are specially sanguine, next colerike, than fleumaticke, last melancolyke, foꝛ in them the humour beinge colde and drye, is most vnapt to receyue putrifaction, hauing also straye passages, by the which venym must passe. The dyet conuenient foꝛ that tyme is to absteyne from meates, in flampyng and openyng the pooꝛes, also from heat of the sonne, from to moche heate oꝛ fyre, oꝛ garments, from euery hote herbes, and moche vse of harte thynges, except onions and cibory, oꝛ radish with vineger. foꝛ they do resyste agaynst venym, from wyne very fumphe, exercise incontinent after meales, from sweatyng, from al thynges that wyll cause oppilations and putrifaction, from thynges hote and moyste, where moysture hath the dominion in degree, specially beinge not sufficiently boyled: also from mylke excepte it be in a lyttell quantitie, and that with a lyttell sugar. Fruites and herbes colde and drye, and therewith soure oꝛ somewhat bittter, are not prohibyten. If ye eate Egges, grapes, oꝛ sweete cherries, eate after

after theym of an ozenge with salte. If ye eate
 thynges cold and moyste, as cucumbers, melons,
 fysh the soft and freshe, or damysyns, eate by and
 by after, some fenell, and ozenge with salte, dryn-
 kyng therewith a draughte of good wyne. Be-
 ware of musherons, moche purslane, gourdes,
 and all other thynges, whiche wyll some putryfy:
 not withstandyng, I wyll not forbydde eatynge
 of lettysse, with a fewe myntes, or myxt with cy-
 namom. All thynges lowe are commended, as
 well in diete conseruatiue, as in that whiche is
 curatyue or healeth, except where there is strait-
 nes of the best, or weakenes of the stomake, thā
 ought they to be tempered with sugar, salt, almod
 mylk, cynamom, pepper fenel, saffron, egges, and
 some thyng that is fatte or vinctuous. Capers ar
 good to be vled with vyneger. These very fatte
 and salte, is not commended, no more is colewo-
 tes, or any kynde of pulse, except chyttes: great
 peason, rapes, nor spynache is good. Also there
 be forboden rokat and mustarde, moche wyne
 and egges, except they be eaten with soze sauce,
 vyneger or iuyce of ozenes, persely & also pars-
 nepes be good. newe wyne be noyfull, lette the
 meate be somewhat more than drynk, but yet su-
 ffeyn not to moche hunger nor thyrste. beware of
 lecherpe, of a clowdy wether and close, eschewe
 moche resorte or thronge of people, wyndes co-
 mynge from fennes or moores: frome sleape at
 noone: vse with your meate this powder, saun-
 ders redde, halfe an ounce, cynamom thye diam-
 mes and a halfe, saffron halfe a diamme. After
 your meate, eate a lyttell of coumber seede, wel-
 prepared. In the moynynge, at a temperate frye
 hemb

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kembe your heed backward, cleanse your bodye
 and head of all superfluities, vse also moderate
 fricasyes, with sweete perfumes, and odours,
 washe oftentimes your face and handes with
 pure vyneger myxte with rosewater. In colde
 wether mixt it with myntes, baulme, rue or myr-
 res, and somtyme with cloues. In hotte sommer
 with roses or vyolettes. Aboue all thynges vse
 to take whyte wyne good, white vyneger roset,
 water of roses, in equall porcions, put therinto
 a lyttell setuall, or of the rinde of a citron, and
 drynke therof a lyttell, and oftentimes washe
 therewith your handes and bysage. Medycines
 preseruatiue agaynst the pestilence, which be al-
 way most redy, are these, a sygge with rue, and a
 walnut eaten fasting, also tryakle, or mithridate,
 to olde men a dramme weyghte, to yonge menne
 halfe a dramme, or a scruple dissolued in vyne-
 ger and rosewater, or in water of tormentyll,
 scabiose or baulme, yf the plague be in sommer,
 yf it be in wynter, put to the waters som whyte
 wyne. Also the pylles callyd commonly Pillule
 Rasie (but in dede they were innēted by Rufus)
 are very excellent, specially yf the aloë, whyche
 is in it, be washed, and therinto added a lyttell
 Bolus armenus, & terra sigillata, And if the per-
 sone be of hotte complexion, a quantitie of corall
 sede, and redde corall, this confectioned with sy-
 rope of citrons, in colde complexions, or to olde
 men with whyte wyne, vse them euery thyrde day
 one pille at a tyme, thre houres or foure afore
 vyner or supper. If ye take tryakle or Mithri-
 date, absteyn from meate at the least syxe houres
 after. A pice of the rote of setuall, boyle in the
 mouth

manthe, preserveth from infection. In lyke wise
dothe sorrell chewed fastynge, and the luyce suc-
ked downe. To poore men, Marsilius was wont
to geue a tooke of breadde stieped in vyner, *muste*
with a peece of an onyon or rewe. All thynges
whych be cordiall, that is to say, whych do
any wyse comfort the hart, do resyste pestylence,
beheement anger, or heuynes, be very pernicious. *quino*
Other moze exquisite and costly preseruatiues, I
purposely passe ouer, whiche Marsilius, and o-
ther phisitions, do wyte of abundantly, for as
moche as I desyre to be in this warke compen-
dyous. One thyng I had almost forgotten, that
there is no better preseruatiue, than to flee from
the place corrupted, betyme and farre of, and to
let none appoche you, that hath made theyr a-
bode, where the plague is feruent. Moreover re-
ceyue not into your house any stuffe, that cometh
out of a house, wherin any persone hath ben in-
fected. For it hath ben sene, that suche stuffe ly-
enge in a coffer faste shutte by the space of two
yeres, after that the coffer hath ben opened, they
whych haue stande nygh to it, haue ben infected,
and soone after haue dyed. But here I alwaye
excepte the power of god, whiche is wonderfull,
and also mercyfull, aboue mans reason or coun-
sell, preseruyng or steeptyng whome, whan, and
where it shall lyke his maiesty, to whome be glo-
ry and prayse euerlastyng. Amen.

¶ F H V S make I an ende of this treatyse, de-
syring them that shall take proffyte thereby, to de-
fende it agaynst enuyouse dysdayne, on whom I
haue set the aduenture, for the loue that I beare
to my countrey, requyrynge all honest phisitions
to

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to remember, that the intent of my labour was,
that men and women readynge this warke, and
obseruynge the counsailes therein, shulde adapte
therby their bodyes, to receyue moze sure reme-
dy by the medicines prepared by good phisitions
in dangerous syknesse, they keepynge good diet,
and infourmyng diligently the same phisitions,
of the maner of their affectes, passions, and sen-
syble tokens. And so shall the noble and most ne-
cessary science of phisicke, with the mynisters
therof, escape the sclander, whiche they haue of
longe tyme susteyned, and accordynge to the pre-
cept of the wyse man, be worthily honoured,
forasmuche as the hyghest God dyd create
the phisition for mans necessitie. And of
the erthe created medicine, and the
wyse man shall not abhorre it.
Thus fare ye well gentyll re-
ders, & forget me not with
your good repozte, and
pray to god that I
be neuer warre
occupied.
Finis.



LONDINI IN AEDIBVS
THOMAE BERTHE-
LETI TYPIS
IMPRES.

EVM PRIVILEGIO AD
IMPRIMENDVM
SOLVM.

ANNO. M.D. XLI.